

Mindfulness-Based Stress Reduction (MBSR)
Information Sessions
(Mandatory for class participation)
2023 Schedule

Session	Day	Time
Spring 2023	Tues, March 21	2:00- 3:30pm In person
	Thurs, March 23	9:00 – 10:30AM In person
	Thurs, March 23	2:00 – 3:30pm In-person
Summer 2023	Tues, June 20	2:00 – 3:30pm
	Thurs, June 22	9:00 – 10:30AM In person
	Friday, June 23	9:00 – 10:30AM In person

All sessions are conducted limited in-person or online via Zoom
CEU's available for a variety of healthcare professionals

*Please note that the first class of each program is extended an additional thirty minutes and the last class is extended an additional hour.

8-Week MBSR Program

2023 Schedule

Session	Day	Time	Session Dates	Retreat (Mandatory) 9am -3:30pm
Spring 2023	Tuesday PM	2:00 – 4:30PM	March 28 – May 16	May 6, 2023
	Thursday AM	9:00 – 11:30AM	March 30 – May 18	May 6, 2023
	Thursday PM	2:00 – 4:30PM	March 30 – May 18	May 6, 2023
Summer 2023	Tuesday PM	2:00 – 4:30PM	June 27 – August 22	August 5, 2023
	Thursday AM	9:00 – 11:30AM	June 29 – August 17	August 5, 2023
	Friday AM	9:00 – 11:30AM	June 30 – August 17	August 5, 2022

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