

All sessions are conducted online via Zoom

5-Week Refresh and Re-Engage
For graduates of the MBSR Program

2021 Schedule

Session	Day	Time	Session Dates
Spring 2021	Thursday AM	10:00 – 11:30am	March 18 – April 15
Summer 2021	Thursday AM	10:00 – 11:30am	July 29 – August 26