

**Mindfulness-Based Stress Reduction (MBSR)**  
**Information Sessions**  
*(Mandatory for class participation)*  
**2022 – 2023 Schedule**

Session	Day	Time
Fall 2022	Tues, September 20	5:00– 6:00 PM Online via Zoom
	Thurs, September 22	9:00 – 10:30AM In person
Winter 2023	Tues, January 17	5:00– 6:00 PM Online via Zoom
	Thurs, January 19	9:00 – 10:30AM In person
	Saturday, January 21	9:00 – 10:30AM In person
Spring 2023	Tues, March 21	5:00– 6:00 PM Online via Zoom
	Thurs, March 23	9:00 – 10:30AM In person
Summer 2023	Tues, June 13	5:00– 6:00 PM Online via Zoom
	Thurs, June 15	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**

### **2022 - 2023 Schedule**

<b>Session</b>	<b>Day</b>	<b>Time</b>	<b>Session Dates</b>	<b>Retreat (Mandatory) 9am -3:30pm</b>
Fall 2022	Tuesday PM	6:00 – 8:30PM	Sept 27 – Nov 15	November 5, 2022
	Thursday AM	9:00 – 11:30AM	Sept 29 – Nov 17	November 5, 2022
Winter 2023	Tuesday PM	6:00 – 8:30PM	Jan 24 – March 14	March 11, 2023
	Thursday AM	9:00 – 11:30AM	Jan 26 – March 16	March 11, 2023
	Saturday AM	9:00 – 11:30AM	Jan 28 - March 25	March 11, 2023
Spring 2023	Tuesday PM	6:00 – 8:30PM	March 28 – May 16	May 6, 2023
	Thursday AM	9:00 – 11:30AM	March 30 – May 18	May 6, 2023
Summer 2023	Tuesday PM	6:00 – 8:30PM	June 20 – August 15	August 5, 2023
	Thursday AM	9:00 – 11:30AM	June 22 – August 10	August 5, 2022

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