**Mindfulness-Based Stress Reduction (MBSR)**

**Information Sessions**

***(Mandatory for class participation)***

#  2024 Schedule

|  |  |  |
| --- | --- | --- |
| **Session** | **Day** | **Time** |
| Winter 2024 | Wednesday, February 7 |  6 – 7:30pm online only |
| Spring 2024 | Coming Soon |  |
| Summer 2024  | Coming Soon |  |
| Fall 2024  | Coming Soon |  |

**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**

#  2024 Schedule

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Session** | **Day** | **Time** | **Session Dates** | **Retreat*****(Mandatory) 9am -3:30pm*** |
|  Winter 2024 |  Tuesday PM |  6 – 8:30pm online only |  Feb 14 – April 3 online only |  March 23 |
|  Spring 2024 |  |  |  Coming Soon |  |
|  Summer 2024 |  |  |  Coming Soon |  |
|  Fall 2024 |  |  |  Coming Soon |  |

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