

Mindfulness-Based Stress Reduction (MBSR)
Information Sessions
(Mandatory for class participation)
2024 Schedule

Session	Day	Time
Summer 2024	Wednesday, July 24	6:00 – 7:30 p.m. Online
	Saturday, July 27	10:00 a.m. – 12:00 p.m. In person
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
Summer 2024	Wed. evening Online only	6:00 p.m. – 8:30 p.m.	July 31 – September 18	Saturday, September 7 9:00 a.m. – 3:30 p.m.
	Sat. morning In person only	10:00 a.m. – 12:30 p.m.	August 2 – September 28	Saturday, September 7 9:00 a.m. – 3:30 p.m.
Fall 2024			Coming Soon	

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