Approach life with more composure, energy, understanding, and enthusiasm. Develop the ability to cope more effectively with stressful situations. Improve focus, resilience, and the ability to manage pain.

The University of Cincinnati Center for Integrative Health & Wellness offers an experiential training in Mindfulness-Based Stress Reduction

The 8-week course begins June 4 and meets weekly Tuesday evenings at 6 PM at The Breathing Room, 2128 Madison Road.

Please register online:  https://goo.gl/FYPsu7

For More Information: Contact susan.mcdonald@uc.edu or 513-558-5999 www.med.uc.edu/integrative

The Mindfulness Stress Reduction program was developed at the University of Massachusetts Medical Center by Dr. Jon Kabat-Zinn in 1979 and is an 8-week, evidence-based, group stress-reduction program. The course teaches mindfulness practices (e.g. breath meditation, body scan meditation, yoga), and offers group connection aimed at enhancing self-awareness and self-care.

The program is facilitated by a trained MBSR instructor in collaboration with the Center for Integrative Health & Wellness at the University of Cincinnati College of Medicine.