Manage Stress
reduce pain | improve focus

Would you like to
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 February 4 and meets weekly Monday evenings at 6 PM
with an all-day immersion retreat on Saturday, March 16 at
the Cincinnati Nature Center in Milford, OH.

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

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.