UC Center for Integrative Health and Wellness

Mindfulness-Based Stress Reduction Information Session

The Breathing Room
2128 Madison Road
May 23, 6-8:30 PM

Learn more about Mindfulness-Based Stress Reduction (MBSR) through experientials and how to register for the 8-week course beginning June 4, 2019.

Register online: https://goo.gl/cmQuez

MBSR often helps:
- Reduce anxiety and depression
- Improve focus and resilience
- Manage pain

For more information, contact susan.mcdonald@uc.edu

MBSR focuses on techniques such as mindfulness practices, movement (e.g. yoga, stretching), and group connection aimed at enhancing self-awareness and self-care. The program is facilitated by an expert MBSR-certified instructor, in collaboration with the UC Center for Integrative Health & Wellness at the UC College of Medicine.

www.med.uc.edu/integrative