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 and Wellness offers an experiential training in Mindfulness-Based Stress Reduction

The Mindfulness Stress Reduction program was developed by Dr. Jon Kabat-Zinn in 1979 and is an 8-week evidence-based group stress-reduction program that has been shown to be beneficial for:

- Anxiety & panic attacks
- Work, family, & financial stress
- Asthma
- Cancer
- Chronic illness
- Depression and grief
- Eating disturbances
- Fatigue & sleep problems
- Fibromyalgia
- GI distress
- Headaches
- Heart disease & high blood pressure
- Pain
- PTSD
- Skin disorders

The MBSR course teaches techniques such as mindfulness practices, movement (e.g. gentle yoga, stretching), and group connection aimed at enhancing self-awareness and self-care. The program is facilitated by a MBSR-certified instructor, Meriden McGraw, in collaboration with the UC Center for Integrative Health & Wellness.

The 8-week course begins on February 4 and meets weekly on Monday evenings at the Regency in Hyde Park, with an all-day Immersion Retreat on March 16 at the Cincinnati Nature Center in Milford.

Please join us for an Introduction Orientation to learn more about the program, experience a taste of what it has to offer, and enroll in the course:
Monday, January 14, 6-8 PM

To register, please visit: https://goo.gl/AKjm8w

For More Information
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