

MINDFULNESS BASED STRESS REDUCTION PROGRAM

Presented by SVH Integrative Medicine Program

led by

Joanne Martin Braun, Ph.D.



Have you been concerned about the effect stress is having on your enjoyment of life? Do you find that your stress level is affecting your mood, relationships, or your effectiveness? Do you need to lower your stress levels because of health conditions such as insomnia, ulcers, high blood pressure, psoriasis or heart disease?

There are many good reasons to reduce stress reactions. Now is the time for you to do something about it.

Mindfulness Based Stress Reduction delivers proven results in over 300 medical centers throughout the country. It is a comprehensive program that uses mindfulness training to teach participants new ways of responding to stressful circumstances. 85% of participants report significant improvement.

Ongoing class **Begins: Tues, April 25th**
Duration: Once a week for 6 weeks
Time: 7:00-8:15 pm
Location: SVH 347 Andrieux St. Schantz Conf. Room
Class Size: Limited - registration recommended
Cost: \$65 (includes all materials)

Call 935-5154 for information and to register