Mindfulness-Based Stress Reduction

Are you interested in exploring new ways to manage stress and prevent illness?

Mindfulness-Based Stress Reduction (MBSR) is an intensive eight-week program that empowers participants to take an active role in their health and wellness. This course is modeled after a program developed by Jon Kabat-Zinn that helps participants transform their reactions to daily stress, anxiety, chronic pain, illness, and stress-related conditions, and is aimed at improving life at home, in social situations, and in the workplace. The course consists of intensive training in mindfulness meditation, gentle movement, and group support.

FREE INTRODUCTORY SESSION:
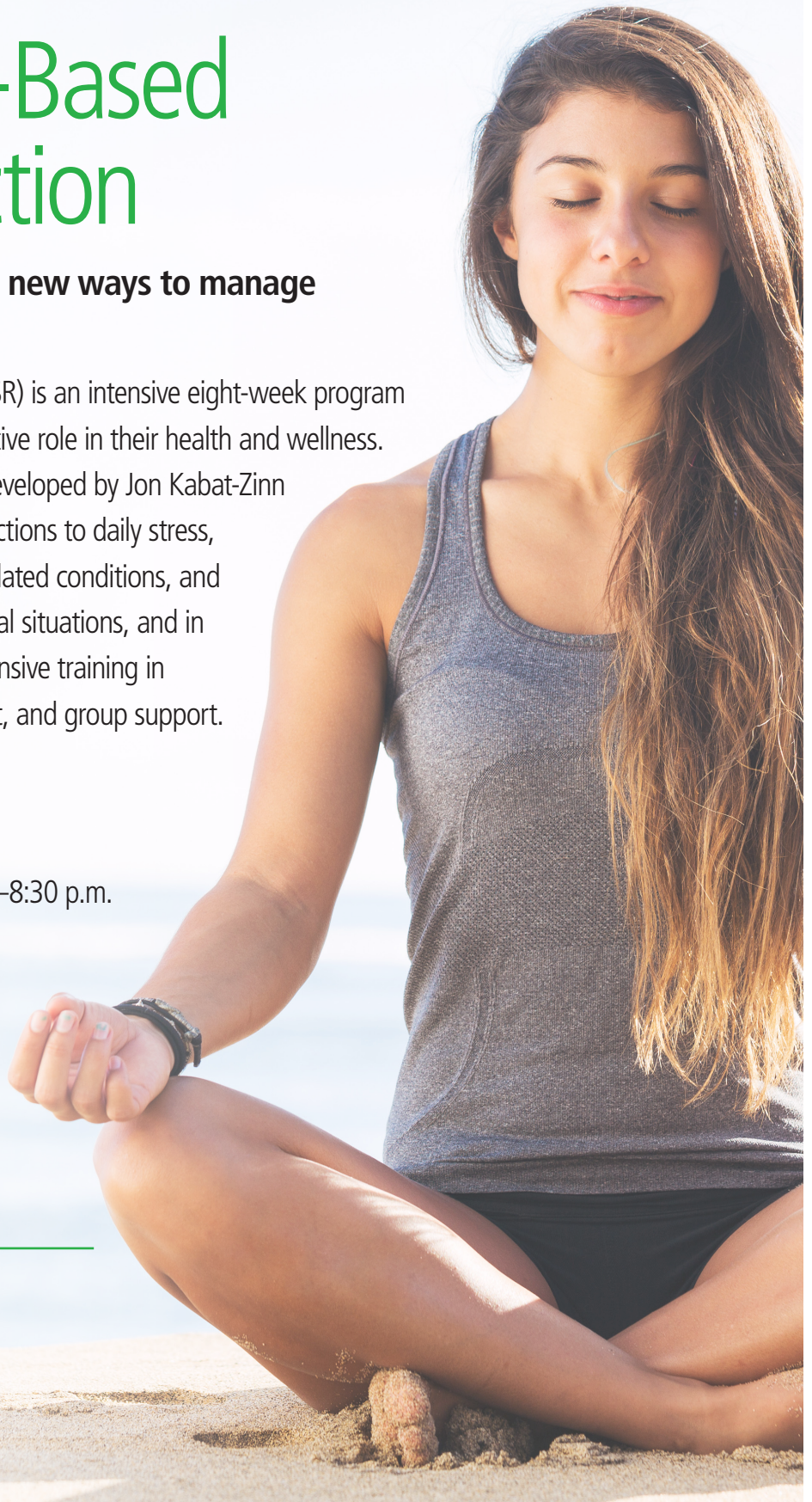Monday, August 27, 6–7:30 p.m.

8-WEEK COURSE:
Mondays, September 10–November 5, 6–8:30 p.m.
(no class October 1)

ONE-DAY RETREAT:
Saturday, October 27, 9 a.m.–4 p.m.

Ryan Ranch Outpatient Campus
2 Upper Ragsdale, Professional Center D
Suite D230 A and B
Poppy and Lupine conference rooms
Instructor: Katie Dutcher

$175 includes materials
(Community Hospital Employees
and Medical Staff $125)

Register at chomp.org/classes
For more information, please call (831) 622-2772.

Community Hospital
of the Monterey Peninsula
Montage Health