

MBSR

Mindfulness-Based Stress Reduction

Effective ways to manage pain, stress and illness.

An 8-week course, MBSR comprises weekly classes, daily home practice and a day retreat. Founded in 1979, it is designed to help participants create and sustain their own mindfulness practice, increasing resiliency in the face of life's challenges.

KEY DATES Free orientation: 2-3:30pm Sunday, April 14

Course start: 2-4:30pm Sunday, April 28

LOCATION Center for Integrative Brain Health

12482 Warwick Blvd (Suite B), Newport News VA 23606



INSTRUCTOR Laura Stephens is a UMass qualified MBSR teacher and completed Mindful Schools training. She leads mindfulness trainings for adults and teenagers.

Find out more and register www.amindfulness.com/mbsr