



**THE UC CENTER FOR
INTEGRATIVE HEALTH AND
WELLNESS**

MINDFULNESS BASED STRESS REDUCTION COURSE

Evidence based tools for managing stress,
reducing pain, and improving well-being
in a small supportive group setting

**8-WEEK COURSE SEPTEMBER 14 -
NOVEMBER 2, VIRTUAL MEETINGS
WEEKLY ON TUESDAYS 6-8 PM
VIRTUAL IMMERSION RETREAT:
OCTOBER 23, 9:30 AM
FREE INFORMATIONAL SESSION:
AUGUST 24, 6PM**

Free Informational Session Registration:

<https://forms.office.com/r/8zQFNTZwR7>

8-week Course Registration:

<http://bit.ly/Fall21MBSR>

For more information
or access to discount codes contact:
susan.mcdonald@uc.edu

