

Mindfulness Based Stress Reduction

8-Week MBSR Course

begins February 4, meeting weekly on **Tuesdays at 6 PM**

at the Breathing Room

with an all-day **Immersion Retreat at 8:30 AM on Saturday, March 14**

at the Cincinnati Nature Center

To register, visit: <http://bit.ly/UCWinter2020MBSR>

Registration is \$450 for 20+ hours of class time of this evidence-based program backed by over 30 years of research.

Discounts are available for UC and UHealth employees and students, and Academy of Medicine Cincinnati Members. Payment plans are also available.

For more information, email susan.mcdonald@uc.edu