

# *The UC Center for Integrative Health & Wellness* **Mindfulness Based Stress Reduction Course**

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

8-Week course **begins July 7**, virtual meetings weekly on **Tuesdays 6-8 PM**  
Virtual **Immersion Retreat 9 AM-noon on Saturday, August 15**

**JOIN US for a free informational session on June 30 at 6pm!**

Informational session open to all, course registration not required.

Please sign up here to receive the virtual meeting link: <https://forms.gle/7kSDMebQdBb2v2CTA>

**To register for the 8-week course, visit: <https://bit.ly/UCVirtualMBSR>**

*For more information or access to discount codes*

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