



**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 FEBRUARY 2 -
MARCH 23, VIRTUAL MEETINGS
WEEKLY ON TUESDAYS 6-8 PM
VIRTUAL IMMERSION RETREAT:
MARCH 13, 9AM
FREE INFORMATIONAL SESSION:
JANUARY 12, 6PM**

Free Informational Session Registration:

<http://bit.ly/MBSRinfo2021>

8-week Course Registration:

<http://bit.ly/UC-MBSR2021>

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

