STRESSED?

You don’t have to be!
MINDFULNESS-BASED STRESS REDUCTION promotes a sense of ease and well-being in the middle of our busy lives, teaching participants how to harness their own innate abilities to improve overall physical and mental health.

SPRING 2016 EIGHT-WEEK SESSION DATES

Info session/orientation: Saturday, April 9, 10:00–11:30 a.m.
Class sessions: Wednesdays, April 13–June 1
Day-long session: Saturday, May 21, 8:30 a.m.–4:00 p.m.

Discounts available for employees/students of UO, LCC, and PeaceHealth; some need-based scholarships also available.

Information and registration at:
http://mindfulness.uoregon.edu

EO/AA/ADA institution committed to cultural diversity.
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