

The Center for Integrative Medicine and Wellness Presents **Mindfulness-Based Stress Reduction Program**

with Kathleen Sanders, APRN Integrative Nurse Practitioner

A powerful and empowering tool for stress reduction, pain management and weight loss



Four week courses are offered each month on Wednesdays from 12:00 pm to 1:00 pm or 5:30 pm to 6:30 pm.

Please call 203-276-4777 to learn more

Learn How to:

- Transform your response to stress
- Improve your ability to cope
- Increase your enjoyment of life

Course Elements:

- Introduction to Mindfulness-Based Stress Reduction
- Learn steps toward developing a daily practice:
- Learn how to continue on your own

Reserve your space now as class is limited in size

Call 203-276-4777 to purchase a 4 week pass
\$100.00 for all 4 classes including the CD

