

Mindfulness-Based Stress Reduction Program

Presented in conjunction with
Jefferson-Myrna Brind Center of Integrative Medicine

**A course in Mindfulness Meditation to
Relieve pain • Reduce stress • Enhance wellness**

Mindfulness is a meditative process that quiets the mind and releases physical distress. Research has shown that mindfulness training can reduce anxiety, depression, and physical pain as well as improve vitality, concentration, memory, and immune function.

**8 week Course
February 2-March 22
Thursdays: 6:30 - 9:00 pm
Katz JCC • Room 202**

Cost: \$495 per person

Limited financial assistance is available and payment arrangements can be discussed on an individual basis.

For further information, including continuing education credit hours offered, visit www.jeffersonhospital.org/mindfulness and select 'Public Programs'.

**To register call:
215-955-1376**