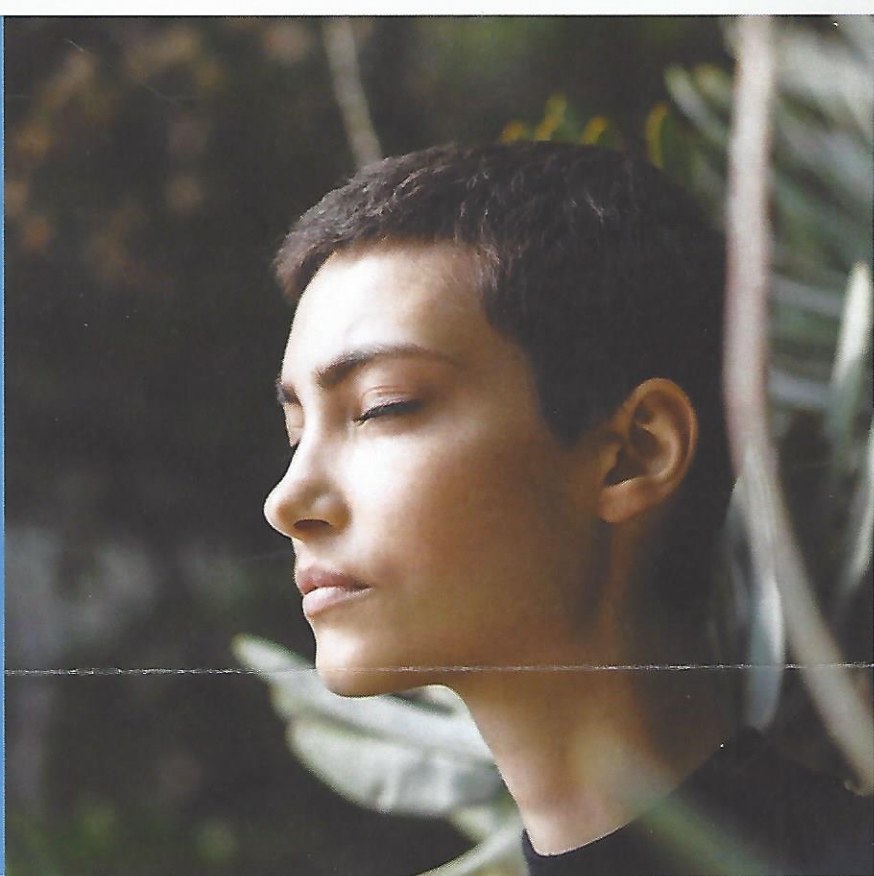


**8 WEEK
MINDFULNESS
BASED STRESS
REDUCTION
(MBSR) COURSE**

at the IHM Center on
Marywood
University's Campus



Cultivate Your Inner Resources to Be More Present

MBSR (Mindfulness-Based Stress Reduction) is an evidence-based, course teaching mindfulness meditation, designed to provide tools to better manage stress, pain, illness, and the challenges and demands of everyday life. Mindfulness is a way of learning to cultivate our natural capacity to actively engage in caring for ourselves and find greater balance, ease and peace of mind.

**Tuesdays
Beginning
April 2, 2019
at 6:30 PM**

Over three decades of research indicate that most MBSR graduates report:

- * Ability to cope more effectively with stress
- * Decreases in physical and psychological symptoms
- * Reduction in pain levels or enhanced ability to cope with pain
- * Increased energy and enthusiasm for life
- * Greater empathy and compassion
- * Less emotional reactivity

Class size is limited. **Free, mandatory orientation: March 26, 2019 6:30-8PM**

Phil Sallavanti and Lisa Rigau MS, BSN, RN, qualified MBSR teachers, will teach the course.

For more information and to register visit

**www.EatBreatheMoveLive.com/mindfulness-based-stress-reduction
or call 570-814-8188**