Mindfulness Based Stress Reduction (MBSR)

PRESENTED BY RESILIENCY CENTER

January 23rd - March 20th
Wednesdays: 6:00-8:30 p.m.
Retreat: Saturday, March 9th

Cost: $250
CMEs and Social Work CEUs offered

Resiliency Center, 26 S 2000 E, Room 5775 (HSEB 5775)

Learn how to access our innate resources for health, healing and growth through guided meditation, gentle yoga, mindful eating & mindful communication

Benefits of MBSR:
- Lasting decreases in physical & psychological symptoms
- An increased ability to relax
- New coping skills to manage pain & stress
- Improved relationship with ourselves & others
- Greater energy & enthusiasm for life
- Backed by 4 decades of practice and research

Instructed by Trinh Mai, a UMASS qualified MBSR teacher, Licensed Clinical Social Worker and faculty at the University of Utah

Register now: bit.ly/UUHMBSR19

For more information, contact the Resiliency Center at 801.213.3403