

Feeling overwhelmed?

Looking for ways to feel more balanced and live more fully?



Mindfulness-Based Stress Reduction

This is an evidence-based, 8-week program for the Emory Community

Monday evenings, 7-9pm, January 23 - March 19, 2012

Plus an all-day retreat on March 17. No sessions during spring break.

Registrants required orientation/Q&A session: Tuesday, December 6 at 7-8:30pm

Emory Clairmont Campus, SAAC 211

Led by:

Susan Bauer-Wu

Emory faculty in Nell Hodgson Woodruff School of Nursing, faculty-in-residence,
author of *Leaves Falling Gently*

Kay Stewart

Former Emory College Health & PE faculty, creator of *Wellness: An Inside/Out Approach*

Cost: FREE (\$50 deposit returned upon completing program)

To REGISTER: <http://www.acteva.com/booking.cfm?bevaid=224999>

Attendance is limited, so early registration is encouraged.

Questions? Email: MBSR@emory.edu

Additional sessions may be available depending on interest.

***Discover the profoundly practical value of mindfulness in your everyday life. . .
Better health and sense of wellness, improved ability to focus attention and discern wise action,
greater clarity and awareness of habitual reactions and patterns,
and enhanced communication and enriched relationships.***

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