

# Mindfulness-Based Stress Reduction Program

Presented by the Myrna Brind Center for Mindfulness

*A course in Mindfulness Meditation to*  
**RELIEVE PAIN | REDUCE STRESS | ENHANCE WELLNESS**

Winter 2019 Programs		
CLASS SESSION	TIME	LOCATION
Sunday Afternoons Jefferson Center City Philadelphia, PA	Jan 27 – Mar 17 1:00 pm – 3:30 pm	Center for Mindfulness 1013 Chestnut St., 1 <sup>st</sup> Floor Philadelphia, PA 19107
Sunday Afternoons Marcus Institute Villanova, PA	Jan 27 – Mar 17 1:00 pm – 3:30 pm	Marcus Institute 789 East Lancaster Avenue Villanova, PA 19085
Tuesday Evenings Jefferson Center City Philadelphia, PA	Jan 29 – Mar 19 6:00 pm – 8:30 pm	Center for Mindfulness 1013 Chestnut St., 1 <sup>st</sup> Floor Philadelphia, PA 19107
Wednesday Mornings Jefferson Center City Philadelphia, PA	Jan 30 – Mar 20 9:30 am – 12:00 pm	Center for Mindfulness 1013 Chestnut St., 1 <sup>st</sup> Floor Philadelphia, PA 19107
Thursday Evenings Beth Sholom Elkins Park, PA	Jan 24 – Mar 14 6:30 pm – 9:00 pm	Beth Sholom 8231 Old York Road Elkins Park, PA 19027

*\*All courses are 8 weeks and include a full day class on a weekend-date TBA.*

**Mindfulness** is a meditative process that quiets the mind and releases physical distress. Through mindfulness you can experience greater vitality and well-being in the present moment. Participants are asked to make a strong commitment to attend all sessions, and to practice meditation/relaxation techniques on a daily basis throughout the eight-week program.

**Course fee is \$525.** Discount of \$100 for Jefferson Health employees. Full time student fee is half price. Limited financial assistance is available, and payment arrangements can be discussed on an individual basis (call **215-955-1376**).

**Continuing Education Credit Hours** NASW-PA Chapter is a co-sponsor of this workshop. Up to 20 credit hours will be awarded for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for Social Workers, Marriage and Family Therapists and Professional Counselors (Section 47.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

For registration visit [www.jefferson.edu/mindfulness](http://www.jefferson.edu/mindfulness) - Select 'Public Programs'  
 or email: [mbsr@jefferson.edu](mailto:mbsr@jefferson.edu)

This course qualifies for **15 points** under the LiveWell@Jeff program.