

**Health Psychology Associates
245 Mount Rose St.
Reno, NV 89509**

What is Mindfulness Based Stress Reduction?

Mindfulness Based Stress Reduction (MBSR) is an intensive, 8-week course that teaches mindfulness practices and how to apply them in everyday life.

The MBSR course is for people interested in learning how to manage anxiety, depression, pain and chronic illness, and for those who simply want to live a more balanced and meaningful life.

MBSR was founded in 1979 by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical School. Since then the MBSR course has become the most thoroughly researched and validated stress reduction program in the world.

The MBSR course is experiential and relies on the participant's active engagement in mindfulness practices, both in class and at home between sessions. Some of the practices presented include sitting and walking meditation and gentle, mindful movement. The course also teaches participants about the science of stress and stress reduction and how to apply mindfulness skills in the area of interpersonal communication.

Please join us for an experience that will enrich your life and the lives of the people you love and care about.

When: There will be a required introductory meeting on Tuesday, March 3.

The course itself will run from Tuesday March 10 until Tuesday, April 28. The course includes an all-day retreat on Sunday, April 19.

Where: The Gerber Medical Clinic, 1225 Westfield Dr. (near Reno High School)

What time: From 6:30 to 9:00pm (The introductory meeting on March 3 will run from 6:30 to 8:00pm.)

How much: \$180 (which works out to \$20 per class), including the all-day retreat

For more information contact Health Psychology Associates at 775-448-6828

