

Mindfulness-Based Stress Reduction (MBSR)

With Cindy Hellmann, MBSR teacher

MANAGE HOLIDAY STRESS!

6-Week Course at Family Doctors, Swampscott, MA

Sunday mornings : October 29th—December 10th , 10:00 am—12:00 pm

Cost: Early Bird Special: \$250 ((\$300 after October 22nd))



Developed at The Center for Mindfulness at the University of Massachusetts Medical School, **Mindfulness-Based Stress Reduction** is respected among health providers as a proven method that can reduce stress, pain, anxiety, and other health challenges people have. The MBSR course provides participants with comprehensive tools and knowledge based on mind /body principals using practice, discussion, and inquiry in a group setting. ****To sign up for the course, visit the front desk, or call Family Doctors at 781-596-2000****

Mindfulness-Based Stress Reduction can reduce symptoms associated with:

- Chronic Pain •Fibromyalgia •Heart Disease •Stress •Cancer
- Depression •Anxiety •Diabetes •Gastrointestinal Disorders

Family Doctor's MBSR Teacher:

Cindy Hellmann is a Qualified MBSR Teacher trained at the Center for Mindfulness at UMass Medical School. For more information, email or call cynthiahellmann@hotmail.com 978-595-7445.

