

# Center for Mindfulness

## Winter 2020 Schedule of Classes

### Mindfulness-Based Stress Reduction

**Wednesdays, Jan. 22 to March 11 from 1-3:30 p.m.**  
**Beaumont Hospital, Royal Oak with Lucy Sternburgh, Ph.D.**  
Required Orientation Jan. 8 or 15 from 1-3:30 p.m.

Includes All-day Retreat Sunday, March 1 from 9 a.m. to 4 p.m.

Cost: \$350; scholarships available for those in need  
Beaumont Team Members; Inquire about discount

### Mindful Self-Compassion

**Mondays, Jan. 20 to March 16 from 1-3:45 p.m.**  
**Beaumont Hospital, Royal Oak with Lucy Sternburgh, Ph.D.**  
Required Orientation Jan. 6 or 13 from 1-2:30 p.m.

Cost: \$350; scholarships available for those in need  
Beaumont Team Members; Inquire about discount

### Mindfulness-Based Stress Reduction

**Thursdays, Jan. 23 to March 12 from 1-3:30 p.m.**  
**Adat Shalom Synagogue, Farmington Hills with Lucy Sternburgh  
Ph.D. and guest instructor Ruth Lerman M.D. (as available)**  
Required Orientation Jan. 9 or 16 from 1-3:30 p.m.

Includes All-day Retreat Sunday, March 1 from 9 a.m. to 4 p.m.

Cost: \$350; scholarships available for those in need  
Beaumont Team Members; Inquire about discount

### Online Meditation Groups

**Mondays** from 7:30-8 a.m.  
Jan. 6 to March 30  
With Lucy Sternburgh, Ph.D.

**Wednesdays** from 7:30-8 a.m.  
Jan. 8 to March 25  
With Ruth Lerman, M.D.

**Free** and open to all adults. Registration not required.  
Join online at: <https://zoom.us/j/2488985000>  
or call (929)205-6099 Meeting ID: 248 898 5000



#### INSTRUCTORS:

Ruth Lerman, M.D., Certified MBSR Teacher & MBSR Teacher Trainer  
Lucy Sternburgh, Ph.D., Certified MBSR & MSC Teacher



**QUESTIONS?** email [CenterForMindfulness@beaumont.org](mailto:CenterForMindfulness@beaumont.org) or call (947)522-1674

**TO REGISTER, VISIT:** [Classes.Beaumont.org](https://Classes.Beaumont.org) **FOR MORE INFORMATION, VISIT:** [Beaumont.org/Mindfulness](https://Beaumont.org/Mindfulness)

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