MBSR training brings a form of meditation known as mindfulness into the medical mainstream. Learn how to take better care of yourself through the interplay of mind and body, and mobilize your own inner resources for coping, growing and healing.

Approved for 28 hours of AMA PRA Category 1 Credit

Orientation*
Sunday, January 9 • 9-11 a.m.
*Attending orientation is required.

9-Week Course
Sundays, 9-11:30 a.m.
January 16 to March 13
Includes all-day retreat Sunday, Feb. 27, 9 a.m. to 4 p.m.

Cost: $350; scholarships available for those in need.
Preferred pricing available for Beaumont team members and all adult family members who join the course with them.

QUESTIONS? Email CenterForMindfulness@beaumont.org

REGISTER FOR ORIENTATION BY FRIDAY, JAN. 7: surveymonkey.com/r/Mindful2022
Enrollment for the 9-week course will be shared after registering for orientation.
Offering is limited to 30 adult participants through Zoom.