



Beaumont Center for Mindfulness



Winter 2022

LIVING WITH EASE

MINDFULNESS-BASED STRESS REDUCTION

TAUGHT BY [RUTH LERMAN M.D.](#), CERTIFIED MBSR INSTRUCTOR AND TEACHER TRAINER
ALL SESSIONS ARE LIVE, ONLINE AND INTERACTIVE!

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.

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.

THE BEAUMONT CENTER FOR
MINDFULNESS LION REPRESENTS:
CLARITY
COMPASSION
COURAGE
COMMUNITY

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.



Beaumont