

Center for Mindfulness

FALL 2023 • MINDFULNESS-BASED STRESS REDUCTION



LIVE, INTERACTIVE VIRTUAL COURSE

Mindfulness-Based Stress Reduction (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.

Live, Virtual with Bharti Thakkar

Orientation (required; no charge)

Tuesday, Oct. 3 • 6-7:30 p.m.

Sessions held via Zoom

Requires stable internet access and a reliable computer with microphone and video capabilities.

Eight-Session Course

Tuesdays, 6-8:30 p.m.

Oct. 17 to Dec. 12

Includes all-day retreat on Saturday, Dec. 2 from 9:30 a.m. to 5 p.m. Optional guided practice offered in lieu of class on Tuesday, Oct. 24.



THE CENTER FOR MINDFULNESS
LION REPRESENTS:

CLARITY

COMPASSION

COURAGE

COMMUNITY

Cost: \$350; limited scholarships available for those in need.

Preferred pricing available for Corewell Health team members and their adult family members.

Official enrollment for the course to be shared after registering for orientation.
Space is limited to a maximum of 30 adult participants.

Register for virtual orientation by Monday, Oct. 2.

surveymonkey.com/r/onlinemindful



QUESTIONS? Email CHECenterForMindfulness@corewellhealth.org