



Mindfulness Based Stress Reduction



Who: For adults who are interested in making changes related to the stress and anxiety in their lives. This program will give you new tools to help you cope with stress and your reactions to stress.

You may be interested if you experience stress related to work; family; heart disease; chronic pain; arthritis; high blood pressure; panic and anxiety; sleep disturbance; headaches etc.

What: The Mindfulness Based Stress Reduction program includes intensive training in mindfulness techniques such as meditation, yoga, breathing and relaxation. You will be asked to practice these techniques at home for 45 minutes every day with resources provided to support your practice.

Where: North Lanark Community Health Centre
207 Robertson Drive, Lanark, ON

When: The program is **tentatively scheduled for Spring 2011** and consists of:

- an information session,
- plus eight weekly 2½ hour long sessions,
- plus a full day Saturday session.

Cost:



Call Kara at 613-259-2182 if you are interested in participating or want more information.



North Lanark County
Community Health Centre
A part of Lanark Health and Community Services