



Mindfulness-Based Stress Reduction

Pioneered on the methods of Jon-Kabat-Zinn, Ph.D., the Mindfulness-Based Stress Reduction program is designed to teach mind and body awareness techniques that help with the physical or psychological effects of stress, pain, or illness.

Offered at Good Samaritan Hospital, the program has helped hundreds of people feel better, sleep better, and cope with stressful situations. Scientific studies from graduates report a more accepting attitude to life's challenges, decrease in chronic pain, and improvements in concentration and immune system functioning.

The program is helpful for people who experience stress in everyday life as well as complement to the stresses living with such conditions as chronic pain or fatigue, Type A behavior, job or family stress, anxiety or panic attacks, depression, arthritis, gastrointestinal disorders, cancer, high blood pressure, heart disease, insomnia, migraines, or substance abuse. Participants find that they are able to deal more effectively with the stresses of illness, pain, and daily life by learning to actively participate in the management of health and well-being.

FREE ORIENTATION SESSION (*DROP-INS WELCOME*)

Tuesday, January 3, 2017 7:00-9:00 p.m.

EIGHT TUESDAY EVENINGS AND ONE ALL-DAY SESSION

Tuesday, January 10 to March 7*, 2017 7:00-9:30 p.m. (*No class January 31)

All Day Session: Sunday, February 19, 2017 9:30 a.m.-4:30 p.m.

Location: Good Samaritan Hospital/Mission Oaks Campus
15891 Los Gatos-Almaden Road, Los Gatos, CA 95032
Second floor Room 295

FEE: \$350 + \$25 material fee
\$50.00 discount to Good Samaritan Hospital Staff

CONTINUING EDUCATION - For ART, Inc. 24 CEU's for MFTs & LCSWs. Provider # PCE2709. 24CEU's for RNs- Provider approved by the Ca. Board of Registered Nursing Provider # CEP15967

Instructor: May include Bob Stahl PhD, Director, Meg Corman, MHSA, Tammie Rose, MSW, Eli Chance, LCSW, or Ed Plonka, MD

To Register Online: <http://www.mindfulnessprograms.com/register>
For More Information Email: Info@mindfulnessprograms.com