

Mindfulness-Based Stress Reduction (MBSR)

Fall 2021 Registration & Information Form

Dates & Times

Orientation:

Monday, September 13 6-7:30 p.m.

Classes:

Mondays, September 20* and 27 6-8:30 p.m.

Mondays, October 4, 11, 18, and 25 6-8:30 p.m.

Mondays, November 1 and 8* 6-8:30 p.m.

**Classes 1 and 8 may run 30 minutes longer.*

All-Day Retreat:

Saturday, October 23 8:45 a.m.-4:30 p.m.



Program by Heidi Stark, M.Ed, RYT 500

Held at Bryan Hospital- 433 W. High St.

Registration

Space is limited! Register ASAP by contacting Kathy Davis at 419-636-5414 or kathydavis@chwchospital.org.

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Registration Form ✦ Fall 2021

Full name _____

Phone _____ Email _____

Yes, I fully understand that in exchange for Community Hospitals and Wellness Centers covering my course fees, I will make every effort to attend every session of this course.

Commitment signature

Date

Updated 7/27/21