

Free Online Informational Session

Mindfulness Based Stress Reduction

WHEN

Wednesday, March 15, 2023
6 - 7 pm

WHERE

Online via Zoom

LEADER

Lisa Thomas Prince, MPH

INFORMATION & REGISTRATION

uwhealth.org/mindfulness



This informational session is offered by the *UW Health Mindfulness Program* for anyone considering exploring mindfulness, taking a mindfulness course, or wanting to learn about the Mindfulness Based Stress Reduction (MBSR) program. Benefits of mindfulness and structures of our classes will be discussed, and time for questions will be included.

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UW Health Mindfulness Program
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