

Free Online Informational Session

Mindfulness Based Stress Reduction

WHEN

Wednesday, August 23, 2023
6 - 7 pm

WHERE

Online via Zoom

LEADER

Lisa Thomas Prince, MPH

FEE

Free!

INFO/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.

UWHealth

UW Health Mindfulness Program
(608)265-8325

