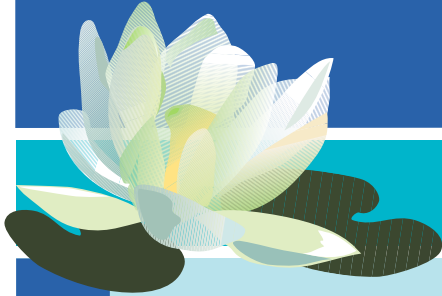


Mindfulness Based Stress Reduction Program

DOMINICAN HOSPITAL



2018

This program is an intensive eight week training designed to teach mind and body awareness techniques to help live with physical or psychological symptoms due to stress, pain, or illness.

Mindfulness is the practice of cultivating non-judgmental awareness in day to day life.

Students learn a variety of meditations to maximize and deepen life, even in the midst of stress, pain, change, and daily life.

FREE

Free Introductory Talks
Drop-ins welcome!

Tuesday, January 9, 2018

Afternoon talk 3:00-5:00 and
Evening talk 7:00-9:00

schedule

8-week Program

Tuesdays, January 16–March 6

Afternoons 3:00-5:30

Evenings 7:00-9:30

All Day Session

Sunday, February 24, 9:30-4:30

location

**Dominican Hospital's Rehab Building
Solarium Room**

610 Frederick St
Santa Cruz, CA 95062

cost

\$350 plus \$25 book fee (optional)
Partial scholarships available

Continuing Education

27 CE's for RN and LVN

24 CEU's for MFT and LCSW

Provider #PCE2709 (additional \$25 processing fee)

register

To register come to the introductory session or 1st class OR contact Dominican Hospital PEP program 462-7709

For more info

Karen@karenzelin.com or 234-1408

www.karenzelin.com

mindfulnessprograms.com

instructors



AFTERNOON INSTRUCTOR
Karen Zelin

Karen Zelin, along with colleagues Bob Stahl and Jan Landry (evening programs) have been offering this stress reduction program in the Santa Cruz community, helping people find steadiness, resilience strength and flexibility, even in the midst of life's ups and downs and deep changes.