



Mindfulness Based Stress Reduction

**This course can
change your life!**

Could you use tools to help you...

- Reduce your stress level
- Manage chronic illness or pain
- Cope better with anxiety or depression
- Handle the rush of everyday challenges
- Create more balance, peace, and joy in your life

Join us for an 8-week MBSR course and reap the benefits of this **transformative, evidence-based, experiential program!**

MBSR teaches meditation and awareness techniques that can help you live with greater balance, resilience and joy. With over 40 years of experience and scientific evidence, MBSR consistently demonstrates wide-ranging benefits for physical, mental and emotional health.

Winter 2020 MBSR: Wednesday Evenings in Arlington, VA

Free Info Session: 6:30 – 8:00 PM, Jan. 29, 2020

8-Weekly Classes: 6:30 – 9:00 PM, Tuesdays, Feb. 5 through Mar. 25, 2020

All Day Retreat: Saturday, Mar. 14, 9:30 AM – 4:30 PM

Location: Unitarian Universalist Church of Arlington, 4444 Arlington Blvd.

Registration and More Information

For more information, visit www.amindfulchoice.com or email karyn@amindfulchoice.com. Please note that MBSR is not offered as a replacement for traditional medical and psychological treatments, but as a complement to these treatments.