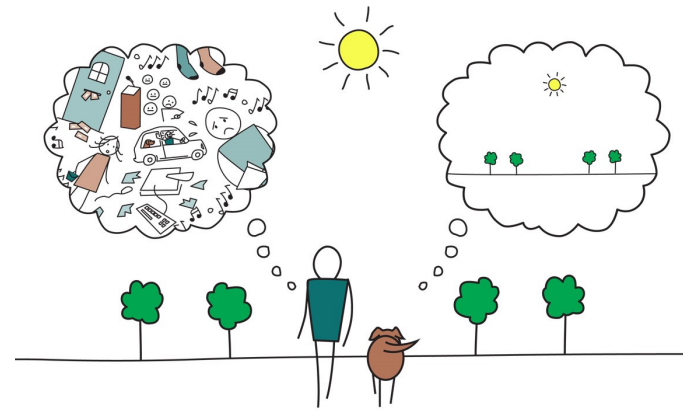




NEW Wellness Program Mindfulness-Based Stress Reduction



Mind Full, or Mindful?

Mindfulness-Based Stress Reduction (MBSR) is an 8-week educational program where participants learn and practice mindfulness techniques which include sitting, standing and moving meditations. Mindfulness can help to:

- regain a sense of wholeness & well-being
- empower yourself by creating a new relationship with thoughts, feelings & emotional/physical issues
- attain greater energy & enthusiasm for life
- learn to be more gentle and compassionate with yourself
- find a deeper appreciation for self & others

Orientation: Thursday September 22, 2016 @ 6:00-8:00pm

Course Dates: Thursday Evenings September 29 to November 17, 2016 @ 6:00pm - 9:00pm

Location: Oak Ridges Community Centre 12895 Bayview Avenue, RICHMOND HILL

Silent Retreat: Saturday November 5 @ 10:00am - 4:00pm (location to be confirmed)

As with all of our programs, **MBSR** is offered free of charge to hospice clients including those diagnosed with life-threatening illness, caregivers and those who are bereaved. Please note: Attendance at all classes is requested.

Facilitator: Darlene Nicholson is a nurse with extensive background in Community Health. Since her professional training with Jon Kabat-Zinn in 2003, Darlene has facilitated yoga, meditation & stress reduction classes in hospital, community-based & corporate environments.

To reserve a seat for orientation contact:

Georgina Mercouris: (905) 727-6815 x23

or email: g.mercouris@hospicekingaurora.ca

Hospice King-Aurora-Richmond Hill offers specialized services and support to those diagnosed with life-threatening illness, the people who care for them and those who are bereaved.

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