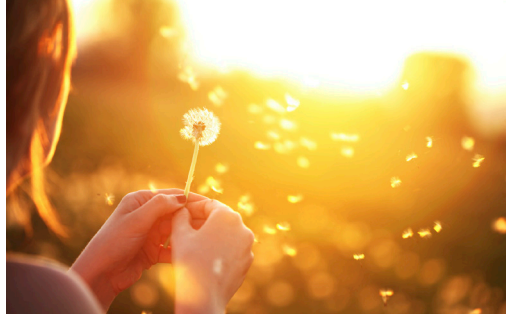


mindfulness

stress reduction program



What is mindfulness?

Mindfulness is a *practice*, a systematic method aimed at cultivating clarity, insight and understanding. In the context of your health, mindfulness is a way for you to experientially learn to take better care of yourself by exploring and understanding the interplay of mind and body and mobilizing your own inner resources for coping, growing and healing.

What to expect:

- The program consists of eight weekly classes and a one day retreat on a weekend
- Classes consist of guided meditation, yoga (light stretching), group discussions and daily home assignments
- These are highly supportive, participatory structured classes
- Participants will need to be committed and willing to challenge themselves to integrate daily practice into their lives

Who will benefit?

People who report a variety of conditions and concerns:

Stress - including work, school, family, financial, illness and feeling “out of control”

Psychological distress - including anxiety, panic, depression, fatigue and sleep disturbances

Medical conditions - including chronic illness or pain, high blood pressure, fibromyalgia and many other conditions

Prevention and Wellness - including health enhancement and wellness focused on prevention.

SIGN UP NOW. SPACE IS LIMITED.

COURSE FEE: \$50

Next workshop:

February 5 - March 26, 2015 (8 weeks)
Thursdays from 3:00-5:30pm

To register & for more information contact Shannon
at 928.522.9425 or swilliams@nchcaz.org



NORTH COUNTRY
HealthCare