



## *Mindfulness-Based Stress Reduction (MBSR)*

*Learn to manage stress in your daily life with mindfulness-based stress reduction*



### ***Benefits of the Program***

MBSR is highly respected within the medical community. Offered as a complement to traditional medical and psychological treatments, not as a replacement, it is proven to be effective in helping:

Anxiety • Work, Family and Financial Stress • Depression • Sleep Problems • Panic Attacks  
Eating Disorder • Heart Disease • High Blood Pressure • Fatigue • Headaches Asthma • Cancer  
Grief • Gastro Intestinal Distress • Menopause Symptoms • Chronic Illness and Pain

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### ***What's Included***

- 8 weekly evening classes
- 30 hours of instruction
- One seven-hour Saturday retreat
- Workbook and recordings
- Daily homework assignments
- Guided instruction
- Unlimited attendance at future Saturday retreats

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Link to Class Schedule:

[www.wellessencemd.com/contents/services/classes](http://www.wellessencemd.com/contents/services/classes)

Questions- contact [WellesenceMD.Info@gmail.com](mailto:WellesenceMD.Info@gmail.com) or call 847-850-8185

Instructor: Kara Nance, MD, Center for Mindfulness Qualified MBSR teacher offering the authentic MBSR curriculum developed at the University of Massachusetts by Jon Kabat-Zinn, PhD.