



# MINDFULNESS BASED STRESS REDUCTION

**Meets Thursdays, January 25 - March 15, 2018**

**6:00pm - 8:30pm • \$550.00**

**Atlanta Center for Wellness Conference Room**

**Includes all day retreat March 4 from 10am - 4pm**

**Hard Labor Creek State Park, Rutledge, GA**

Mindfulness-Based Stress Reduction is an eight-week program developed by mindfulness pioneer Jon Kabat-Zinn in 1979. Extensive research over the past 30 years has shown that MBSR is extremely helpful in improving quality of life. It is proven to alleviate many common mental and physical health problems:

- stress and stress-related illnesses
- depression & other mood disorders
- anxiety & panic disorders
- chronic pain
- insomnia
- coping with cancer
- gastrointestinal issues
- type-2 diabetes
- attention deficit disorder
- eating disorders
- heart disease
- addiction
- autoimmune diseases
- & others

This course can also help you improve concentration and attention, regulate your emotions, and enhance your relationships. You will learn how to focus on the present moment and be open to things just as they are. Over eight weeks, you will develop your ability to experience greater joy, compassion, and kindness.

No previous meditation experience is required, although willingness to practice daily meditation is a key component of realizing the benefits of the course. Pre-registration is required.

**To register, visit [www.atlantamindfulness.com](http://www.atlantamindfulness.com).**



**STEPHANIE SWANN  
Ph.D., LCSW**

Stephanie Swann, Ph.D., LCSW is one of three certified MBSR instructors in the state of Georgia through the University of Massachusetts Center for Mindfulness. Stephanie spent 12 years as a faculty member at the University of Georgia before joining the Atlanta Mindfulness Institute. She maintains a private psychotherapy and consultation practice in Atlanta.

**For more information,  
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