

Jordan Health & Wellness

## MINDFULNESS BASED STRESS REDUCTION (MBSR)

MBSR is an interactive 8-session program that combines mindfulness techniques with movement and meditation to help us respond to stressors in a mindful way. Learn more about MBSR <u>using this link</u>.

\$35

includes a quality mat and cushion that you keep!

## JUNE & JULY COHORT

ALL CLASSES OCCUR IN PERSON AT JUNIPER ELEMENTARY

Tuesday/Thursday June 10-July 17, 10am-12pm

No Class June 26, July 1, July 3, and July 10

All-Day Retreat July 9 from 9:30am-3:30pm



SIGN-UP ON EVENTBRITE BY USING THIS LINK OR SCANNING THE QR CODE



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June 10 & 12: 10am - 12pm

June 17 & 19: 10am - 12pm

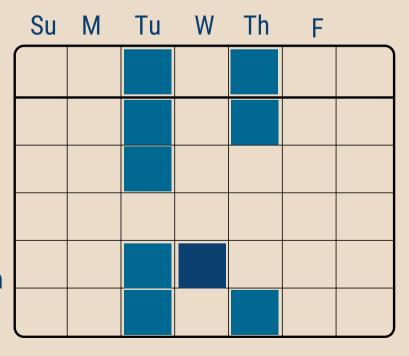
June 24: 10am - 12pm

July 1 & 3: No Class

July 8: 10am - 12pm

July 9: 9:30am - 3:30pm

July 15 & 17: 10am - 12pm





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