

# Practical Tools for Managing Stress and Enhanced Well-Being



## 8-Week Mindfulness Based Stress Reduction Course

Integris Cancer Institute  
Tuesday Evenings  
March 31st to May 19th  
6:00 - 8:30pm

*Want to learn more about Mindfulness and its Benefits?*

**Free Informational Orientation**  
**Tuesday, March 24th**  
**6:00-7:30pm**

Mindfulness Based Stress Reduction (MBSR) is an in depth eight-week course in Mindfulness Meditation and integrating mindfulness skills into daily life. Mindfulness cultivates our potential to be present each moment with kind, open and non-judgmental awareness and effectively manage a variety of stress-related conditions including anxiety, chronic pain, headaches, high blood pressure, and sleep disturbance. This program is based on the pioneering work of Jon Kabat-Zinn Ph.D. at UMass Medical Center, and is considered to be one of the most reliable ways to learn how to use mindfulness to form new skills for living well and enjoying life, regardless of it's ups and downs.

**In this eight-week course you will discover how to:**

- Live life more fully and resourcefully
- Increase ability to handle stress with greater ease
- Enhance ability to manage chronic pain and other chronic conditions
- Decrease physical and psychological symptoms
- Increase ability to relax
- Improve compassion for self and others
- Discover greater energy and enthusiasm for life

This course consists of eight weekly classes and one day-long retreat. Mindfulness is best understood through practice. To fully benefit from MBSR training, participants are asked to commit themselves to the daily home assignments and attending all classes, including all day retreat.

**This experiential class includes:**

- Guided instruction in mindfulness meditation practices
- Gentle movement and mindful yoga
- Inquiry exercises and group dialogue for enhanced awareness
- Daily home assignments (45 minutes)
- Downloadable home practice audio recordings

**All Day Retreat: Saturday, May 9th**

**Cost: Early Bird Rate \$375**

**After March 3rd \$425**

**Location: Integris Cancer Institute**

5911 W. Memorial Rd. Oklahoma City, OK 73142

**Orientation Attendance Required to enroll in course**

*\*Orientation free for those wanting to learn more about mindfulness*

*\* To register for course or orientation please visit [MarnieKennedy.com](http://MarnieKennedy.com)*

*\* For questions email [Marnie@marniekennedy.com](mailto:Marnie@marniekennedy.com)*

**Visit [MarnieKennedy.Com](http://MarnieKennedy.Com)**