

# MINDFULNESS-BASED STRESS REDUCTION PROGRAM

An eight-week comprehensive course based upon Jon Kabat-Zinn's program at the University of Massachusetts Medical Center and described in his book Full Catastrophe Living. Featured on Bill Moyers' public television program Healing and the Mind, the cost for this course elsewhere is usually \$600. It is offered free of charge three times a year to Wellness Community participants and their support persons.

Because each class is built upon the experience and knowledge gained at the previous one, we ask that if you sign up to take this course you make a commitment to attend each of the eight classes. As someone undergoing treatment and fighting cancer, we understand that you cannot guarantee to come each time; but we do ask that you commit to the intention of 100% attendance. The course also includes an optional Saturday retreat "Day of Meditation."

The next scheduled course is:

*Classes: Mondays, April 2, 2012 – May 21, 2012, 6:30 – 8:45 pm  
(8 consecutive weeks)*

*Retreat: Sunday, May 20, 2012 – all day (in Westlake Village)*

*About the instructor:* Catherine Baum has studied with Dr. Jon Kabat-Zinn, founder of the Stress Reduction and Relaxation Clinic at the University of Massachusetts Medical Center. She has taught and studied Hatha Yoga for a number of years and teaches the Mindfulness Based Stress Reduction Program at a variety of locations in Ventura County.

*Location: CMH Cancer Resource Center  
2900 Loma Vista Road, Suite 105, Ventura, CA 93003  
(located on the corner of Loma Vista Road and Brent Street)*

*RSVP (805) 652-5459  
Class fills quickly so register early!*



CEU's are available for MFT's and LCSW's for up to 23 hours