

Center for Well Being

Mindfulness-Based Stress Reduction

Mindfulness-Based Stress Reduction (MBSR) is a highly acclaimed structured complementary medicine program that uses mindfulness in an approach to manage stress and treat different conditions, such as heart disease, anxiety, chronic pain and high blood pressure.

9 week group class series and retreat

with Patrick Briody, MBSR Instructor

This 9 week class series, starting with an orientation, is available at our Morristown location.

The series includes a retreat, held at Morristown Medical Center, on Sunday, June 29, from 10:00am to 4:00pm. The retreat is an essential part of the program, so please reserve this day.

The cost for the 9 week series and retreat is \$400. Atlantic Health System employees receive a \$200 discount. Class requirement: bring a yoga mat.

Morristown Location:

Morristown Medical Center, Gagnon Cardiovascular Institute
100 Madison Avenue, Morristown, NJ

Wednesdays, May 14 through July 16

(no class on 5/21)

6:30 to 9:00pm

**To register please call 973-971-6301.
atlantichealth.org/centerforwellbeing**

FREE introductory sessions

Held at Morristown Medical Center:

Tuesday, March 25, 6:30 to 8:00pm

Wednesday, April 2, 11:30am to 1:00pm

