

Living a Risky Life

A Mindfulness Course for People at High Risk for Breast Cancer

For People

- Making decisions about managing their risk of new or recurrent breast cancer
- Desiring tools to: manage stress, clear their minds to make wise choices, be content with their choices, be happier, and be healthier
- Wanting to join their high-risk partners during the course

Learn Mindful: movement, meditation, communication, eating, compassion, and self-compassion through group and individual practice, and support from the teacher and each other. The ongoing classes and supported home practice allow clarity, calm, courage, community and compassion to develop. Students leave with a flexible, life-long practice regimen.

Eight-Week Course

- **Location:** In-person at Adat Shalom Synagogue; Farmington Hills
- **Classes:** Tuesdays, January 28 to March 25, 2025 from 5:15p.m. to 7:45p.m.
 - Skipping Tuesday, March 4
- **Retreat:** Sunday, March 16 from 9a.m. to 4p.m.

Introductory Pricing: \$375

- Limited scholarships available for those in need
- Preferred pricing available for Corewell Health team members and alumni of Corewell Health/Beaumont MBSR courses

Information/Orientation Session (required, no charge)

- **Location:** Adat Shalom Synagogue
- **When:** Tuesday, January 14 from 5:15p.m. to 7:45p.m.
- **Information/Orientation Session Deadline**
 - Monday, January 13 by noon

Instructor: Ruth Lerman M.D. is an experienced mindfulness student, teacher, teacher trainer and researcher. She has 25 years of experience caring for people at high risk for breast cancer and is a 30-year cancer survivor. Her teaching is practical, welcoming and individualized.

Corewell Health Center for Mindfulness



Clarity • Compassion
Courage • Community

Scan the QR code or click [here](#) to register for the January Information/Orientation Session

Space is limited

For questions, email: CenterForMindfulness@CorewellHealth.org

