

Fall 2024 • Mindfulness-Based Stress Reduction

Internationally-recognized meditation program developed by Jon Kabat-Zinn

Mindfulness-Based Stress Reduction (MBSR) is an evidence-based meditation training program that is known as “mindfulness” and widely used in health care. During the program, you will learn tools to help manage pain, reduce stress and anxiety, support healing and well-being, enhance coping skills and more.

8-Week Course (includes the all-day retreat)

- **Location:** Corewell Health William Beaumont University Hospital; Royal Oak campus
- **Orientation:** Tuesday, October 8 from 5p.m. to 6:30p.m., attendance required
- **Classes:** Tuesdays, October 29 through December 17 from 5p.m. to 7:30p.m.
- **Retreat:** Sunday, December 8 from 9:30a.m. to 5p.m.



Introductory Pricing: \$375

- Limited scholarships available for those in need
- Preferred pricing available for Corewell Health team members and past MBSR graduates

Orientation (required; no charge)

- **Location:** Corewell Health William Beaumont University Hospital; Royal Oak campus
- Tuesday, October 8 from 5p.m to 6:30p.m.
 - Individualized orientation possible upon request
- **Orientation Deadline:** Tuesday, October 1

Instructor: Hugo Davila Grijalva, M.D., FACP

THE COREWELL HEALTH
CENTER FOR MINDFULNESS
LION REPRESENTS:

CLARITY
COMPASSION
COURAGE
COMMUNITY

Scan the code or click [here](#) to register for the Required MBSR Fall Orientation

For questions, email: CenterForMindfulness@CorewellHealth.org

