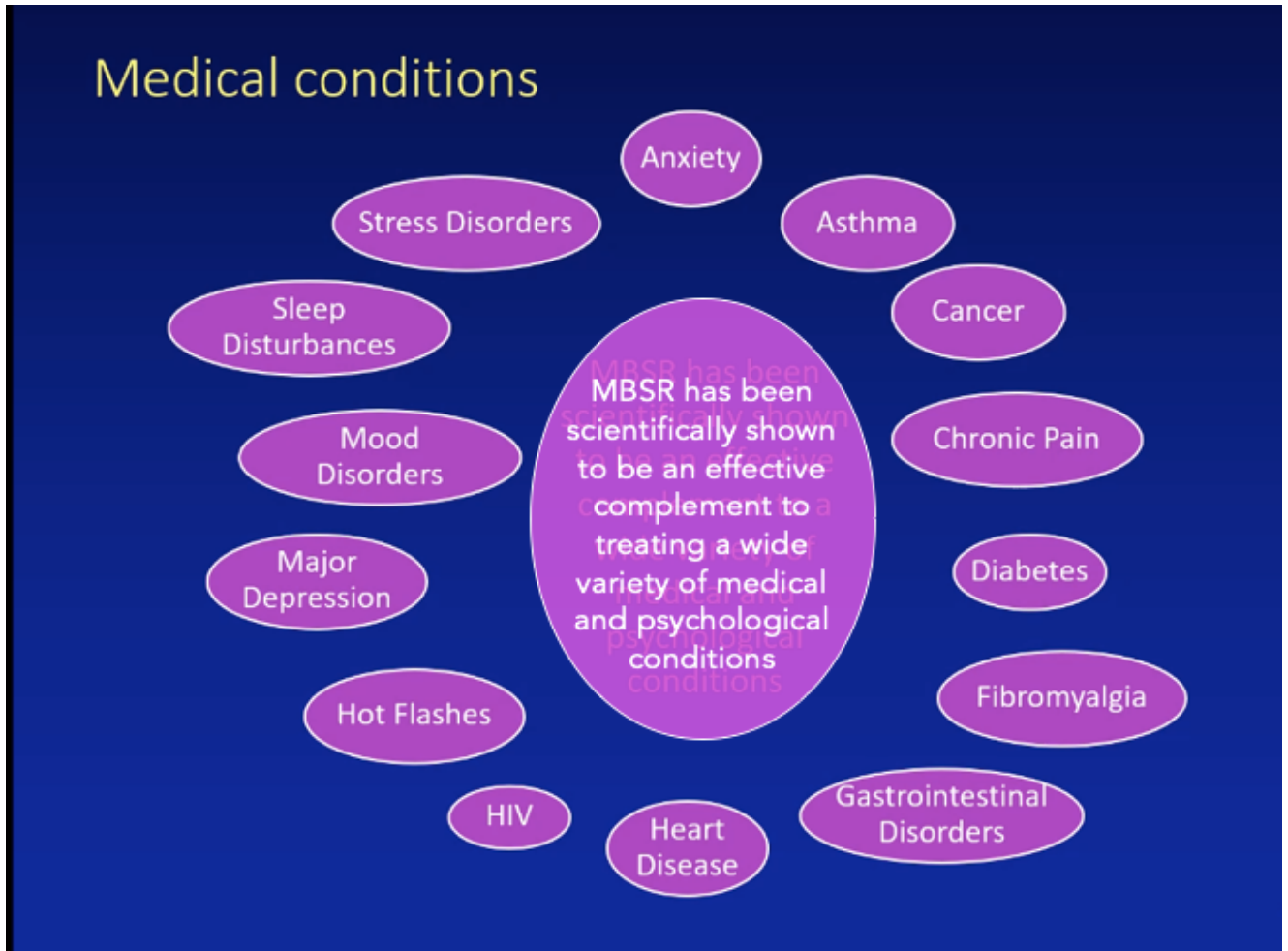


# Mindfulness Based Stress Reduction (MBSR) Free Information Sessions

Please join us online to learn more about this new program



The National Library of Medicine notes that while MBSR was “initially developed for stress management, it has evolved to encompass the treatment of a variety of health-related disorders”. Many participants who complete the 8-week program experience beneficial changes in physical symptoms, increased mental calm and focus, decreased regret about the past and worry about the future, and greater presence and enjoyment in the moment.

San Damiano successfully partnered with IM2 and certified MBSR instructor Jerry Cambra to offer the full program during Spring 2024 using Zoom. Now, two classes are tentatively scheduled to begin in September 2024. To discover more, join us on one of the following dates via Zoom:

Wednesdays 7:00-8:00 PM – 8/14, 8/28, 9/4

Saturdays 9:00-10:00 AM – 8/17, 8/24, 8/31

Please email Jerry at [jerry@im2.info](mailto:jerry@im2.info) to register for any of these free sessions.