

# Mindfulness

# Based

# Stress

# Reduction



These classes can change your life!

Mindfulness classes have been shown to be helpful for:

- stress
- chronic pain
- anxiety
- depression
- cancer
- high blood pressure
- GI issues
- sleep disorders
- weight management
- every day challenges and more

[ItAllHappensHere.org](http://ItAllHappensHere.org)

Federal Way Community Center  
876 S. 333rd Street • 253-835-6900

Mindfulness Based Stress Reduction (MBSR) is a highly structured, 8-week program and an all-day retreat that supports the development of practical mindfulness skills, which can lead to greater awareness and enhanced wellbeing. This course consists of guided mindfulness meditation practices, gentle yoga, group discussion, communication exercises to increase awareness in everyday life, daily home practice, and guided meditation. MBSR is a scientifically validated course for stress and stress related symptoms.

### Mindfulness Based Stress Reduction

**Dates: January 24th–March 14th, 6:30–8:30pm**

**Price: \$300–\$450 (sliding scale)**

**First responder's price \$100 (please provide badge).**

**Instructor: Work Well NW**

**Includes all day Retreat March 9th**

**Questions: Suzy Green 253-861-5644**

**Registration: 253-835-6900**

Retreat open to students who have taken the course.



WORK WELL NW

