Mindfulness-based Stress Reduction

We all have stress, pain, illness and other challenges of daily living. Learn techniques that you can apply to difficult situations for the rest of your life.

Instructor: Iris Stammberger, PhD.

To Learn More, attend a no-cost orientation:

Wednesday, September 6th, 10-11 am or Thursday, September 7th, 6-7 pm.

Location:
The Jenks Center
109 Skillings Rd.
Winchester, MA

To Register:
www.jenkscenter.org

Cost for classes+workshop:
$60

Classes:

Wednesdays, 6-8 pm.

Class Dates:

September 13, 20, 27, October 4, 18, 25, November 1, 8.

Workshop:

October 22, 1-4

Instructor, Iris Stammberger, PhD, has been a meditator for most of her adult life. She is certified by the UMASS Medical School Center for Mindfulness in Medicine and Healthcare.

The Mindfulness-based Stress Reduction is a Jenks Learning Connections (JLC) class, designed for the entire community of Winchester and beyond, to all ages engaged in lifelong learning. The Jenks Learning Connection is generously supported by a grant from the John and Mary Murphy Foundation.