

# MINDFULNESS-BASED STRESS REDUCTION PROGRAM

Learn to manage stress  
in your daily life with  
mindfulness-based  
stress reduction



## Benefits of the Program

- Increase your ability to cope with stress
- Help manage chronic medical problems including chronic pain
- Increase mental focus
- Learn to take better care of yourself and take an active role in your health
- Be more effective in your interactions with other people

## What's Included

- 8 weekly classes on Wednesdays 9:00-11:30 a.m.  
or Wednesdays 5:30- 8:00 p.m. beginning March 6
- 30 hours of instruction
- One seven hour weekend session
- Workbook and recordings
- Daily homework assignments
- Guided Instruction
- Unlimited attendance at future weekend sessions

To find out more come to one **free orientation session** on

**Thursday, February 28**                      **9:00 a.m. – 11:00 a.m.**

**Thursday, February 28**                      **4:00 p.m. – 6:00 p.m.**

**\*\*Attendance at an orientation session is necessary to register for course, call number below for location.**

**Cost: \$450** (Check with your employer, program may be covered under flexible spending accounts or other employer programs. .Payment plan available)

**Instructors: Patricia Normand, MD**, Director, MBSR Program & Wellness and Integrative Health, Road Home Program  
**Susan Gray, CWC**, Mindfulness Instructor, Road Home Program, RUMC

Contact the Rush Department of Psychiatry for  
more information, at (312) 942-0118 or  
[Lisa\\_Selefski@rush.edu](mailto:Lisa_Selefski@rush.edu).

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