



Mindfulness Based Stress Reduction Class

Jan. 22-March 12 | Simmons Cancer Institute 315 W. Carpenter St. Springfield

As a complement to traditional clinical treatments, mindfulness-based stress reduction is proven to be effective to help many medical conditions, including:

Anxiety & Panic Attacks
Asthma
Cancer
Depression
Fatigue

Fibromyalgia
Gastrointestinal Distress
Grief
Headaches
Heart Disease

High Blood Pressure
Pain
Post-Traumatic Stress
Skin Disorders
Sleep Problems

Cost is \$400 for 8 classes, half-day retreat and materials. Learn more at a free orientation on Jan 8 at 5:30 pm at the Centrum Building, 319 E Madison St., Springfield

Contact program leader Ruta Kulys, LCSW, to register. | rkulys@siumed.edu | 217-545-7663.



Forward. For You. For a healthy mind.

