

Mindfulness-Based Stress Reduction (MBSR)

Workshop to start September 20th

*****Classes are held weekly on Wednesdays
from 4-6pm for 9 weeks*****

**Location: Missouri Baptist Medical Center
3015 North Ballas Road
St. Louis, MO 63131**

***Learn techniques for stress reduction and healthy
living from an experienced MBSR instructor***

*****Registration required*****

Fee: \$500, includes all course materials

Contact Sara 314-362-7563



Washington University in St. Louis

SCHOOL OF MEDICINE

To Register call Sara at (314) 362-7563

Space is limited and will be filled on first come basis. Payment required at time of registration. No refunds for partial or missed sessions.

****Classes will be held 2 hours/week on Wednesdays (4-6pm) for 9 weeks****

**Location: Missouri Baptist Medical Center
3015 North Ballas Road
St. Louis, MO 63131**

Directions: Missouri Baptist Medical Center, 3015 North Ballas Road, is centrally located at the intersection of Interstate-270 and Highway 40/I-64. Take the Ballas Road exit from Highway 40 or I-270, and travel south one block. Turn right to enter the campus.

Follow the signs to the Hospital Main Entrance.

Parking is free.

Send payment to:

Washington University
Department of Otolaryngology
660 S. Euclid Ave.
Campus Box 8115
St. Louis, MO 63110
Attention: Sara Kukuljan

Checks payable to:

“Washington University”

In the Comments please specify:

“MBSR course”