Mindfulness-Based Stress Reduction

Sessi0ns

Pre-registration Required

**Thursdays:** Jan. 16 - March 5, 2020
6 - 8:30 p.m.

**Fridays:** Jan. 10 - March 6, 2020
9:30 a.m. - 12 p.m.

*No session on Feb 7.

Both sessions include a Day of Mindfulness Retreat
Saturday, Feb. 22, 2020
10 a.m. - 4 p.m.

Center for Innovation & Entrepreneurship
Event Space, 803 South College Rd.,
Wilmington, N.C.

Led by Paula Huffman, BS, RN, ERYT, mindfulness instructor and adjunct faculty, UNC Program on Integrative Medicine.

Through mindfulness practices, individuals can learn to cultivate awareness, reduce stress and live life more fully. Mindfulness-based stress reduction is an evidence-based, educational and experiential 26-hour program provided in a safe and supportive environment.

$375 To register, follow links below:

Thursday Evenings:

Friday Mornings:

Questions? Email chhs-cwd@uncw.edu.