



Center for Mindfulness

Spring 2019

MINDFUL SELF-COMPASSION



COMBINE THE SKILLS OF MINDFULNESS AND SELF-COMPASSION
TO ENHANCE EMOTIONAL WELL-BEING.

8-Week Course

Held at Dharma Gate Zen Center, Troy

April 24 to June 12

Wednesdays, 6-8:30 p.m.

Half-day retreat May 18

Cost: \$350* / Beaumont Team Members: \$85

* Scholarships available

Taught by Lucy Sternburgh Ph.D.

TO REGISTER:

Visit Classes.Beaumont.org and search keyword 'mindfulness' or call 800-633-7377

FOR MORE INFORMATION:

Visit Beaumont.org/mindfulness or email CenterForMindfulness@beaumont.org

This activity has been approved for AMA PRA Category 1 Credit™

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