



Beaumont Center for Mindfulness

Winter 2019

MINDFUL SELF-COMPASSION



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

Introductory Classes

January 8 or 15 • 5:30-7 p.m.

Attending an Introductory class is required

8-Week Course

January 22 to March 12

Tuesdays, 5:30-8 p.m.

Half-day retreat February 23

Beaumont Hospital, Troy

Taught by Lucy Sternburgh, Ph.D.

Cost of \$350* / Open to all adults

* Scholarships available. Beaumont team members
receive a 75 percent discount.

TO REGISTER:

Visit Classes.beaumont.org searching 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*™

Beaumont