



Center for Mindfulness



Winter 2020 Schedule of Classes

Mindfulness-Based Stress Reduction

Wednesdays, Jan. 22 to March 11 from 1-3:30 p.m.
Beaumont Hospital, Royal Oak with Lucy Sternburgh, Ph.D.
Required Orientation Jan. 8 or 15 from 1-3:30 p.m.

Includes All-day Retreat Sunday, March 1 from 9 a.m. to 4 p.m.

Cost: \$350; scholarships available for those in need
Beaumont Team Members; Inquire about discount

Mindfulness-Based Stress Reduction

Thursdays, Jan. 23 to March 12 from 1-3:30 p.m.
Adat Shalom Synagogue, Farmington Hills with Ruth Lerman M.D.
Required Orientation Jan. 9 or 16 from 1-3:30 p.m.

Includes All-day Retreat Sunday, March 1 from 9 a.m. to 4 p.m.

Cost: \$350; scholarships available for those in need
Beaumont Team Members; Inquire about discount

Mindful Self-Compassion

Mondays, Jan. 20 to March 16 from 1-3:45 p.m.
Beaumont Hospital, Royal Oak with Lucy Sternburgh, Ph.D.
Required Orientation Jan. 6 or 13 from 1-2:30 p.m.

Cost: \$350; scholarships available for those in need
Beaumont Team Members; Inquire about discount

Online Meditation Groups

Mondays from 7:30-8 a.m.
Jan. 6 to March 30
With Lucy Sternburgh, Ph.D.

Wednesdays from 7:30-8 a.m.
Jan. 8 to March 25
With Ruth Lerman, M.D.

Free and open to all adults. Registration not required.
Join online at: <https://zoom.us/j/2488985000>
or call (929)205-6099 Meeting ID: 248 898 5000



INSTRUCTORS:

Ruth Lerman, M.D., Certified MBSR Teacher & MBSR Teacher Trainer
Lucy Sternburgh, Ph.D., Certified MBSR & MSC Teacher



QUESTIONS? email CenterForMindfulness@beaumont.org or call (947)522-1674

TO REGISTER, VISIT: Classes.Beaumont.org **FOR MORE INFORMATION, VISIT:** Beaumont.org/Mindfulness