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# Stressed? AIM for total peace of mind.

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Are you interested in reducing your stress and developing more conscious living habits? Alliance Integrative Medicine is collaborating with Dr. Richard Sears to offer Mindful Stress Reduction Groups (based on Mindfulness Based Stress Reduction & Mindfulness Based Cognitive Therapy).

Join us at **6:00 p.m. Monday January 28, 2019 for a FREE introductory lecture** - whether you have already signed up for the group or are just interested in learning more about managing stress.

**WHEN:** 6:00 - 7:30 p.m. Monday evenings - February 4<sup>th</sup> through April 8<sup>th</sup> (no class on February 18<sup>th</sup> and March 25<sup>th</sup>).

**WHAT:** Education, discussion, practicing of mindfulness meditation techniques, light stretching exercises, and homework assignments. *Participants are encouraged to attend all eight sessions and to practice 30 minutes a day for best results.*

**WHERE:** Alliance Integrative Medicine main conference room.

**COST:** \$475 payable on or before February 4<sup>th</sup>. Group size is limited - secure your place today with a \$100 deposit!

**\$100 OFF**  
MBSR Winter Group  
*when paid in full by 01.07.19*



**\$50 OFF**  
MBSR Winter Group  
*when paid in full by 01.22.19*



Get Well. Be Well. Stay Well.

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