

Stressed? AIM for total peace of mind.

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 (rooted in the principles of Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy).

Join us at **6:00 p.m. Monday, September 13, 2021 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: Mondays from September 13 to November 8, 6:00 p.m. - 7:30 p.m.

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

WHERE: Alliance Integrative Medicine main conference room

COST: \$475 payable on or before September 20. Group size is limited — secure your place today!

\$100 OFF

MBSR Fall Group

when paid in full by 08.02.21



\$50 OFF

MBSR Fall Group

when paid in full by 9.1.21



Get Well. Be Well. Stay Well.

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