



# Learn to Live Mindfully

## Mindfulness-Based Stress Reduction Programs

Learn to relieve anxiety, stress, pain and chronic illness through awareness and relaxation in classes modeled on Jon Kabat-Zinn's work at the University of Massachusetts Medical Center.

### Columbia, MD

40 minutes north of Washington, DC  
Kahler Hall (Marchand Room)  
544 Old Tucker Row  
Columbia, MD 21044

### Date and Time

Thursday evenings March 6th to  
April 24, 2008  
Time: 7:00 to 9:00 PM  
Optional half day session: Saturday April  
19th from 1:00 PM to 5:00 PM

### Program Cost:

Early registration: \$350 paid in full by February 14, 2008 after February 14, the fee is \$385 which includes: 9 class sessions, meditation CD's and Stress Reduction Manual. 20 CEU's available for Social Workers and LCPCs

### Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Send this completed form to

Mary French LCSW-C  
Inner Bridge Wellness Center  
2324 West Joppa Road Suite 100  
Lutherville, MD 21093

Non-refundable deposit of \$25 required with registration (payable to Mary French LCSW-C)

Full payment required one week prior to course start date

Full refund will be provided if class is canceled due to lack of minimum number of participants

Mary E. French  
MSW, LCSW-C  
Psychotherapist

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