



TAKE STEPS TOWARD A TRANQUIL LIFE!

This course will put you on the path to peace of mind!

Mindfulness-Based Stress Reduction Course for Faculty and Staff

An effective tool for stress management, the Mindfulness-Based Stress Reduction (MBSR) program uses meditation and yoga to teach participants to manage all kinds of stressors in their lives. Taught by David Jacobs who trained in MBSR at the Center of Mindfulness, University of Massachusetts Medical Center.

Course Benefits

- Practical coping skills to improve your ability to handle stressful situations
- Greater balance, ease, peace of mind
- Improved concentration
- Increased ability to relax
- Improved relationships with others

Free Drop-In Information Sessions

Learn more and meet the instructor, David Jacobs.

Wednesday, April 13

Noon–1 p.m.

South Campus, Skytop Office Building
Conference Room B, Second Floor

Thursday, April 14

Noon–1 p.m.

Hall of Languages, Room 500

Eight Weekly Sessions

Wednesdays, April 27–June 15, 5:15–7:15 p.m.

Hall of Languages, Room 500

Half-Day Retreat

Saturday, June 11, Noon–4 p.m.

Hall of Languages, Room 500

Register now!

Space is limited for weekly sessions and retreat, so register now at wellness.syr.edu/mbsr.

Send \$40 payment by check payable to Syracuse University through campus mail to Syracuse University Wellness Initiative, 640 Skytop Road, Suite 101. Checks must be received by April 22.

Stay up to date!

Get information about the latest wellness events and programs. Subscribe to our email list at wellness.syr.edu.

Questions?

Email wellness@syr.edu or call **315.443.5472**.