



# THE WELL

MBSR

*Mindfulness Based  
Stress Reduction*

Join us for an 8-week, 9-session course designed to develop and integrate Mindfulness practices into everyday life using meditation, awareness and gentle movement. Learn tools to reduce stress and live with greater ease, strength and resilience. Improve your sense of clarity, balance and calm while learning self-care practices of mindfulness. This course is taught by **Angela Thomas, MS, FNP, AHN-C** (Certified MBSR teacher). The class provides 30 hours of instruction, workbook and recordings of meditation practices.

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**Tuesdays beginning January 16, 2018 from 6:30-8:30 pm**

**Wednesdays, beginning January 17, 2018 from 12-2pm**  
*featuring a ½ day of retreat on Saturday, February 24, 2018*

*at* **The Well North Shore 1222 Washington Ct., Wilmette, IL 60091**

Registration Required – Space is Limited  
Course Fee: \$425.00

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To register, learn more, or set up a pre-program orientation, contact Angela at [angela@northshoreholistichealth.com](mailto:angela@northshoreholistichealth.com) or call 773.454.2644. Visit [www.northshoreholistichealth.com](http://www.northshoreholistichealth.com) for more information.

Jon Kabat-Zinn, PhD, founded and created the Stress Reduction Program at the Center for Mindfulness, University of Massachusetts. Evidence-based research has shown that developing awareness through mindfulness practice can lead to greater overall health and well-being, and a deep sense of peace. There is a great deal of research showing the benefits of an MBSR including decreased anxiety, reduction of chronic pain and greater resilience.