

# Mindfulness Based Stress Reduction Program

## DOMINICAN HOSPITAL



FALL 2017

This program is an intensive eight week training designed to teach mind and body awareness techniques to help live with physical or psychological symptoms due to stress, pain, or illness.

Mindfulness is the practice of cultivating non-judgmental awareness in day to day life.

Students learn a variety of meditations to maximize and deepen life, even in the midst of stress, pain, change, and daily life.

### FREE

**Free** Introductory Talks  
*Drop-ins welcome!*

**Tuesday, September 12, 2017**  
Afternoon talk 3:00-5:00 and  
Evening talk 7:00-9:00

### schedule

**8-week Program**

Tuesdays, September 26 - November 14

**Afternoons** 3:00-5:30

**Evenings** 7:00-9:30

**All Day Session**

Sunday, November 4, 9:30-4:30

### location

**Dominican Hospital's Rehab Building  
Solarium Room**

610 Frederick St  
Santa Cruz, CA 95062

### cost

\$350 plus \$25 book fee (optional)  
Partial scholarships available

Continuing Education

27 CE's for RN and LVN

24 CEU's for MFT and LCSW

Provider #PCE2709 (additional \$25 processing fee)

### register

**To register** come to the introductory session or 1st class OR contact Dominican Hospital PEP program 462-7709

**For more info**

Karen@karenzelin.com or 234-1408  
www.karenzelin.com  
mindfulnessprograms.com

### instructors



AFTERNOON INSTRUCTOR  
**Karen Zelin**

Karen Zelin, along with colleagues Bob Stahl and Jan Landry (evening programs) have been offering this stress reduction program in the Santa Cruz community, helping people find steadiness, resilience strength and flexibility, even in the midst of life's ups and downs and deep changes.