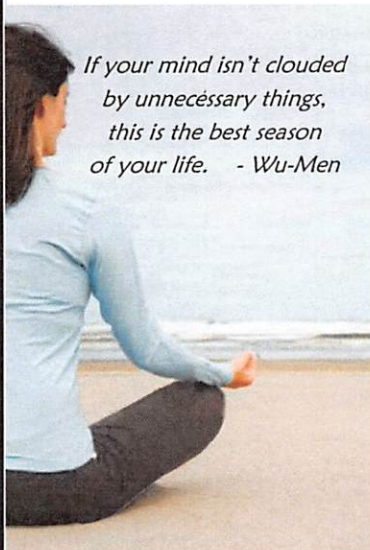


# Mindfulness-Based Stress Reduction

*An Invitation to Learn Jon Kabat-Zinn's Powerful Methods for Reducing Stress and Enhancing Overall Health and Well-being*

**Winter program begins February 28, 2023**  
**Tuesday evenings, 7:00 - 9:30 pm ET (see below)**  
Live online via Zoom  
***Orientation on February 21, 2023***



*If your mind isn't clouded  
by unnecessary things,  
this is the best season  
of your life. - Wu-Men*

**Diane Handlin, Ph.D., Lic. Psychologist**

Published research has shown that meditation and relaxation training can be significant and effective adjuncts to the conventional medical treatment of many disorders as well as a powerful means of reducing stress and pain and heightening well-being. Jon Kabat-Zinn's MBSR Program at the Center for Mindfulness at the UMass Medical School has been on the cutting edge of mind/body and integrative medicine for over 36 years.

**Important Note:** This program is being offered by Dr. Diane and Dr. Jim Handlin, who are both **Certified** to teach Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program by the Center for Mindfulness at UMass Medical School, with Diane being the **first** person Certified in NJ to teach it.

**Reservations are required.**

For more information or to reserve a place for talk or course, please visit or call:

**[www.mindfulnessnj.com](http://www.mindfulnessnj.com)      732-549-9100**

**Eight-session Summer MBSR program starts February 28, 2023**

Live online via Zoom

Tuesday evenings, 7:00-9:30 pm: Feb 28; Mar 7, 14, 21, 28; Apr 11, 16\*, 18, 25

**\* April 16: Retreat Day starting at 1PM on a Sunday**

**(Summer 2023 course via Zoom)**

*Please note that MBSR is an educational course and not psychotherapy.*

*If you suspect that you have medical or psychological issues, please pursue appropriate treatment. NJ Lic.3306*