

Mindfulness-Based Stress Reduction Class

Offered for One Professional Development Credit
Coming this fall 2019



Mindfulness-Based Stress Reduction, (**MBSR**) is a clinically proven practice used for alleviating stress, anxiety, panic, depression and other conditions. This powerful approach shows you how to focus on the present moment in order to permanently change the way you handle stress. You will learn how to replace stress-promoting habits with *mindful* ones – skills that will last a lifetime. In addition, learn how to apply these essential skills in the classroom, at work, and home.

When:

Five Mondays: 9/16 – 10/14, in addition to independent work outside of class hours.

Time: 6:00 – 8:30 pm. Weekly attendance is strongly encouraged as each week builds on the teaching and practices from the previous sessions.

Where: D-Tech building, behind the Boise School District office on Victory Road, Industry Room.

To Enroll: Register in Employee Online. The workbook information is also there. The course is also listed on the Professional Development e-flyer that will go out during the first week of school.

Wellness Rewards Points: Earn 100 WellSteps Rewards Points

For more info on the MBSR course, contact Instructor, Carol Pangburn, carol.pangbu@gmail.com or call 208-484-1071.

Enroll today!
