



## Mindfulness-Based Stress Reduction, Part I (Open to the community)

Continue to develop and improve your mindfulness skills with this 4-week series. You'll practice meditation, body awareness and mindful movement based on the teachings of Jon Kabat-Zinn, Ph.D. MBSR is supported by nearly thirty years of scientific research. Whether you have a specific medical condition, want to manage stress, or are just focused on taking good care of yourself, this class is for you!

**Pre-registration required. Seating is limited so sign up now!**

**Fee:** \$95 includes materials – 2 workbooks and a CD (4 classes)

**Location:** Kaiser Permanente Maui Lani Medical Office

**Date/time:** Tuesdays, Jan. 8-Jan. 29, 2019; 5 to 7:30 p.m.

**Instructor:** Melissa Sutor, MS, MA

**FOR MORE  
INFORMATION OR  
TO REGISTER CALL:**

**Kaiser Permanente  
Prevention and  
Health Education  
Department**

**808-432-2260**