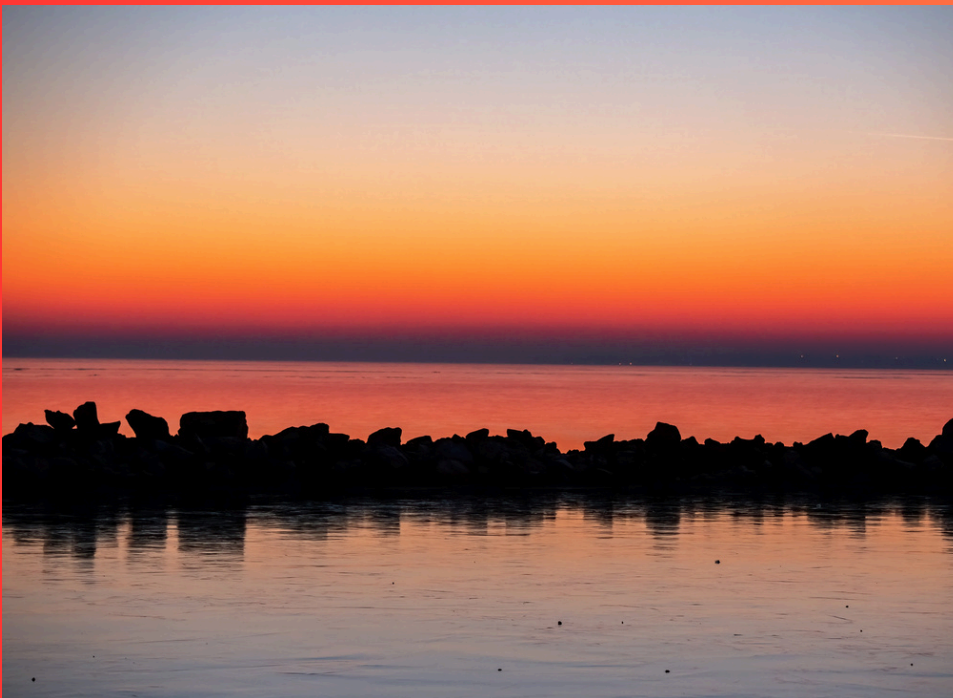


Find peace in the chaos with an 8-week Mindfulness-Based Stress Reduction (MBSR) course.



Learn how to cope with stress and anxiety and build up emotional and mental resilience for stressful times.



Two Sessions

Second Presbyterian
7700 N Meridian St,
Indianapolis 46260

Thursdays, 9/19-11/7/24
6-8:30 pm

Fridays, 9/20-11/8/24
8:30-11 am

All-Day Silent Retreat:
10/27/24

Course Fee: \$450

Facilitators

For orientation dates and registration, contact:

Scott Sweet, LCSW, LCAC
ssweet@centerpoint-counseling.org
(317) 525-5518



Leslie Flowers, NBC-HWC
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