

MINDFULNESS-BASED STRESS REDUCTION (216)

Mondays, 8:30 – 10:00 (6 Classes 1/26 – 3/2) in Room 30	Tuition \$50
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Strengthening our ability to be self-aware, self-actualized and self-determined; and understand our interconnectedness with ones' self and others. This course will involve group mediation and individual mediation at home between classes.

Robert Rios is Psychologist with an MS and MS. ED; and post-graduate training at the Center for Medicine/University of Massachusetts.