



**Reduce negative  
self-talk,  
depression &  
anxiety**

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**Improve focus**

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**Enhance mood &  
vitality**

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**Led by Paul Salmon,  
Ph.D., faculty  
member UL Dept. of  
Psychological &  
Brain Sciences. Dr.  
Salmon studied with  
Jon Kabat-Zinn – the  
father of MBSR.**

## **MBSR**

### **MINDFULNESS-BASED STRESS REDUCTION**

**8 TUESDAYS STARTING JAN 24<sup>TH</sup>**

**6:30-8:45 PM**

Cultivate a mindfulness meditation practice through this eight-session MBSR program. Learn how to non-judgmentally become aware of each precious moment. End the training with a 1/2 day retreat on Saturday, March 25<sup>th</sup>.

**LAST TIME OFFERED AT INTRODUCTORY PRICE!**

**\$80 – UL affiliates**

**\$100—Non-UL affiliates**



601 Presidents Blvd.  
Louisville, KY 40217

502.852.7755

**REGISTER HERE:**

<https://louisville.edu/gethealthynow/forms/MBSR>