SWEDISH

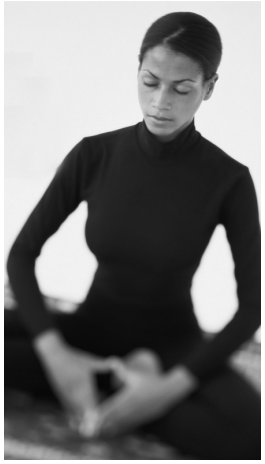
REHABILITATION SERVICES

Mindfulness-Based Stress Reduction

(formerly known as Mindfulness-Based Wellness)

If you live with chronic pain, illness or a stress-related medical condition, you may be interested in learning skills that will help you to help yourself. Mindfulness-based stress reduction offers you instruction in mindfulness meditation, gentle yoga and a range of strategies to manage stress and physical symptoms. This eight-week class is designed to complement your medical care. Join instructors Carolyn McManus, P.T., M.A., Diane Hetrick, P.T., and Peggy Maas, P.T., as they provide you with:

- Effective ways to manage stress, pain and illness
- Instruction in relaxation and mindfulness meditation
- Gentle stretching exercises that enhance mobility and build mind-body awareness
- Specific tools to integrate class material into daily life
- A supportive group for sharing experiences and feelings about illness and healing



"This program gave me the tools I needed to cope with my disease. Even on bad days, I don't have to leave work. I can take a few minutes, practice what I've learned and help myself feel better." — Cynthia R.

"This program has helped me decrease my anxiety, and has provided me with practical ways to respond to pain. By relaxing and keeping a clear head rather than get all tensed up, I have felt a decrease in the intensity of my pain. If I do flare up, these skills keep the flare short. It has been a very helpful part of my treatment program." — Sue T.

The Wellness Program is appropriate for individuals with medical conditions such as:

- Anxiety
- Arthritis
- Back pain
- Cancer
- Chronic pain
- Cumulative trauma disorder
- Fatigue
- Fibromyalgia
- Gastrointestinal distress
- Headache
- Heart disease
- Hypertension
- Insomnia
- Multiple sclerosis
- Muscle disorders
- Neurological disorders

This program is modeled on the class series outlined in "Full Catastrophe Living," by Jon Kabat-Zinn.

Classes are offered throughout the year. For this self-pay program, the fee is $375. Additionally, if you are not an outpatient rehabilitation patient, a referral from a physician is necessary for a one-time screening evaluation by a class instructor. This visit can be billed to an insurance company.

For program information, class dates and to register, call:

Cherry Hill **206-320-2809**
First Hill **206-215-6966**

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OUTPATIENT REHABILITATION SERVICES

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