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** helps you do this through instruction in mindfulness meditation, gentle yoga and a range of self-care strategies to manage stress, difficult emotions and physical symptoms. This eight-week class is designed to complement your medical care. This program is modeled on the book *Full Catastrophe Living* by Jon Kabat-Zinn.

This program includes:

**Weekly classes** that provide instruction, experiential mindful exercises and discussion in a supportive group environment

**Mindfulness training** through exercises in mindful eating, breathing, body scanning, walking and movement

**Home program materials** including guided recordings and informative handouts to help you establish a daily mindfulness practice and integrate mindfulness into daily activities

**Real life applications** of mindfulness to promote your well-being in difficult times

In this program, you will learn how to:

- Apply mindfulness to help manage stress, pain and illness
- Meditate
- Practice gentle mindful movement to promote well-being
- Apply mindfulness to daily life situations
- Mindfully respond to an active mind lost in worries and fear
- Apply mindfulness to difficult emotions
- Train the mind in kindness

**Instructors**

Carolyn McManus, MPT, has specialized in mind-body medicine throughout her professional career. She has taught Mindfulness-Based Stress Reduction at Swedish since 1998. She completed an advanced mindfulness teacher training program through the Center for Mindfulness at the University of Massachusetts and is a consultant on research that studies the role of mindfulness in treatment of a range of mental and physical health problems. She regularly presents on health topics to state and national audiences.

Diane Hetrick, PT, has studied and practiced in areas of mind-body healing, mindfulness and compassion training for many years. She completed the Certificate in Mindfulness Facilitation training through UCLA and the Compassion Cultivation Training (CCT) program at Stanford and is a certified CCT teacher. In addition to teaching Mindfulness-Based Stress Reduction, Diane created and teaches Compassion Cultivation Training at Swedish. She also speaks on these topics to health care providers and the public.

**Additional details**

This program meets once a week for 2½ hours for eight consecutive weeks and is offered in the fall, winter and spring quarters. For more information, please call 206-215-6966.

**Cost:** $375

**Credits:** 18 CEU hours offered to RNs, MSWs and PT/OT professionals.

**To register,** call 206-320-2404 or contact Carolyn at Carolyn.McManus@swedish.org or Diane at dianehetrick@gmail.com

“**The course was life changing and put me on a daily path of meditation, mindfulness and approaching situations with an open heart. I learned to be kind to myself and apply kindness and mindfulness to help navigate difficult situations.**” – Patti G.

“This program gave me skills for living with more joy and less stress. I can calm down by breathing mindfully. I learned to not worry about the past or what may come in the future, but to focus on the present moment. I can plan for tomorrow, but live today. This has helped not only my physical health, but also the relationships that matter in my life.” – Ron S.

“This program gave me the skills to deal with my disease. Even on bad days I do not have to leave work. I can take a few minutes, practice what I have learned and help myself feel better.” – Cynthia R.

“**This program gave me a path to peace and help others.**” – Jody K.

“**This program gave me the skills to deal with my disease.** Even on bad days I do not have to leave work. I can take a few minutes, practice what I have learned and help myself feel better.” – Cynthia R.

“**This program gave me the skills to deal with my disease.**” – Cynthia R.