

FEBRUARY IS
PSYCHOLOGY MONTH

MINDFULNESS BASED STRESS REDUCTION (MBSR)

Presented by Dr. Kasim Al-Mashat, R.Psych.

Thursday, February 20th, 2020 | 7:00PM – 8:30PM
Centre For Mindfulness Canada*

107-3711 Delbrook Ave, North Vancouver

MBSR is a highly respected program originally developed in the University of Massachusetts Medical School. This program has been shown to create shifts around stress, illness, physical and psychological pain, and the demands of everyday life. In this talk you will learn about MBSR and supporting research. You will discover why mindfulness may be useful to cultivate. You will also get the opportunity to experience mindfulness with some guided practices. The session will end with a Q & A.

*** Pre-registration is required, please visit
www.drkasimalmashat.com**



A PARTNERSHIP EVENT:
FREE PRESENTATION

