

361 Whitney  
Holyoke  
Thursdays  
12:30-1 p.m.  
HIM CR

Facilitator:  
Bob Oldenburg  
Call 322-4258 if  
first time  
attending.

BMC  
Springfield  
Fridays  
11:30 a.m.-Noon  
Tom Carr Room

Facilitator:  
Marjorie Bloom

# STRESS REDUCTION:

## *MINDFULNESS*

## *GROUP*

## *PRACTICE*

## *SESSIONS*

Each 30 minute session may include:

- Awareness of Breathing
- Body Scan
- Gentle Mindful Yoga
- Discussion of Stress and Mindfulness

- Drop in on a weekly basis and practice with us as your schedule permits.
- Open to all employees.
- No experience needed.
- No cost to participate.

Baystate Health 