

Mindfulness- Based Stress Reduction Course for people affected by cancer



Instructor: Catherine Baum

**Dates: Eight-Week Course on Tuesdays,
beginning September 14**

Time: 6:30-8:30pm

**Location: Simi Valley Hospital North Campus,
2975 Sycamore Drive, Simi Valley**

Cost: None

**RSVP: Please call (805) 379-4777 or stop
by the front desk.**

Based on Jon Kabat-Zinn's program at the University of Massachusetts Medical Center and described in his book Full Catastrophe Living, this course combines meditation, gentle yoga, readings and group discussion. Many people with cancer credit the course with changing their lives. Mindfulness has been demonstrated to reduce stress, increase self-awareness, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and wellness.

Instructor Catherine Baum has studied with Dr. Kabat-Zinn and teaches MBSR at a variety of Ventura County locations. She has also taught and practiced Hatha yoga for a number of years. Offered elsewhere for \$1,000, the course is provided free to people faced with cancer and their loved ones by The Wellness Community, the City of Simi Valley and Simi Valley Hospital. Class will be held at Simi Valley Hospital, 2975 Sycamore Drive, Simi Valley, CA 93065. Ask for directions to North Campus when you register. You may repeat this course if you have already taken it.