

ALUMNI ONLINE MAINTENANCE CLASSES: "MINDFULNESS MATTERS MAINTENANCE"



Hosted by **Debbie Joel and Katherine Hall**

**Maintain your resilience through
mindfulness practice.**

These online and interactive Zoom classes welcome:

- Alumni of MBCPM™ programmes who attended the course in full
- Anyone who has done a mindfulness programme elsewhere may apply with a physician's referral

Not sure about enrolling?

Try two free classes before enrolling at a reduced rate.

2021 Sessions (9 classes per session)

- Mondays 7:00 - 8:15 pm EST/EDT
- Session 1: Jan. 11 to March 15, 2021 (no class Feb. 15)
- Session 2: April 12 to June 14, 2021 (no class May 24)
- Session 3: July 19 to Sept. 27, 2021 (no class Aug. 2 and Sept. 6)
- Session 4: Oct. 18 to Dec. 13, 2021 (except for Oct. 12)

Cost

- Trial: First 2 classes are free; then only \$25 if you want to continue for the remaining 7 classes
- \$55 for a full Session (9 classes)
- \$130 for a calendar year of drop-in classes (4 full Sessions) (payments may be made in instalments)

Enrolment

- Please complete [Mindfulness Matters Class Registration Form](#)