



Mindfulness-Based Chronic Pain Management (MBCPM™)
Mindfulness-Based Chronic Stress Management (MBCSM)

ALUMNI ONLINE MAINTENANCE CLASSES: MINDFULNESS MATTERS MAINTENANCE

**Maintain your mindfulness practice in
challenging times.**

Hosted by Debbie Joel and Katherine Hall



These online and interactive Zoom classes welcome...

- Alumni of MBCPM™ and MBCSM programmes who attended the course in full
- Anyone who has done a mindfulness programme elsewhere (apply with a physician/nurse practitioner referral)

Not sure about enrolling? Try two free classes before enrolling at a reduced rate.

2021/22 Sessions *(9 classes per session)*

- Mondays 7:00 - 8:15 pm ET
- Spring Session: April 12 - June 14, 2021 (no class May 24)
- Summer Session: July 19 - Sept. 27, 2021 (no class Aug. 2 & Sept. 6)
- Fall Session: Oct. 18 - Dec. 13, 2021 (except for Oct. 12)
- Winter Session: January 2022 TBA

Cost *plus applicable tax (enrol anytime and drop-in anytime)*

- 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 the [Mindfulness Matters Class Registration Form](#) and return it to team@neuronovacentre.com