



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 program who attended the course in full
- Anyone who has done a mindfulness program elsewhere

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

2021 Calendar - Mondays 7:00 - 8:15 pm ET	
Session (9 classes)	Dates
Fall Session	October 18 - December 13, 2021 (no class Oct. 12)
2022 Calendar - Mondays 7:00 - 8:15 pm ET	
Session (9 classes)	Dates
Winter Session	January 17 to March 21 (no class Feb 21)
Spring Session	April 25 to June 27 (no class May 23)
Summer Session	July 18 to September 26 (no classes Aug 1, Sept 5)
Fall Session	October 24 to December 19

Cost *plus applicable tax (join any time and drop in)*

- 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 (January 2022 to December 2022) of drop-in classes
- Payments may be made in instalments

Registration

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

