

Mindfulness Based Stress Reduction

instructor - Dr. Teri Davis, Certified MBSR Teacher

MBSR Autumn 2018 • September 18 - November 14

Tuesdays 1-3:30 pm (SAVAHCS) or 6-8:30 pm (WOMEN) • Wednesdays 6-8:30 pm

Integrating mind and body to cultivate inner resources for learning, growing, and healing.

MBSR at the VA

TUESDAYS, 1:00 - 3:30 pm

Open to VA-enrolled vets and their partners.
SAVAHCS*, Building 2, Room N-179

INTRO & REGISTRATION Sept. 18 • 1:00 pm

8-WEEK CLASS Sept. 25 - Nov. 13 • 1:00 - 3:30 pm

and Saturday, Nov. 3 • 9:00 am - 4:00 pm

Sheila Sedig - 520-629-4971, Sheila.Sedig@va.gov

* Southern Arizona VA Health Care System

MBSR for Women

TUESDAYS, 6:00 - 8:30 pm

Saguaro Room, Saguaro Christian Church
8302 E. Broadway
(SE corner, Broadway/Sarnoff)

INTRO & REGISTRATION Sept. 18 • 6 pm

8-WEEK CLASS Sept. 25 - Nov. 13 • 6:00 - 8:30 pm

and Saturday, Nov. 3 • 9:00 am - 4:00 pm

free to veterans, service members, and their female partners
or family members, thanks to a donation from
Arizona Dept. of Veterans' Services.

MBSR • WEDNESDAY

Community class - open to all.
Library at Ada McCormick Building
1401 E. First St. (at Highland Ave.)

INTRO & REGISTRATION Sept. 19 • 6 pm

8-WEEK CLASS Sept. 26 - Nov. 14 • 6:00 - 8:30 pm

and Saturday, Nov. 3 • 9:00 am - 4:00 pm

TO REGISTER, CONTACT:

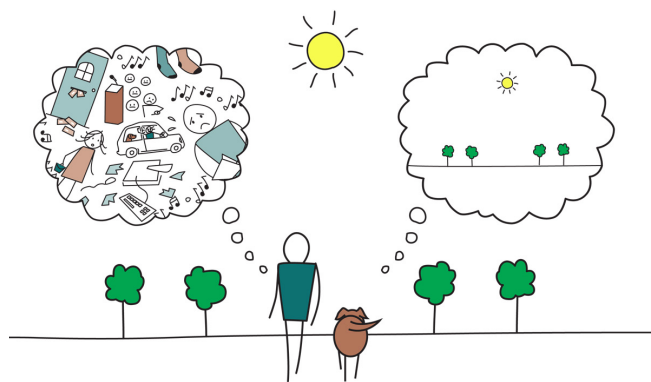
Teri Davis - 520-404-6685, drmatr1@aol.com

NEW CLASS • FREE YOGA FOR VETERANS

Thursdays, 2:30-3:45 • Yoga Connection
3929 E. Pima (at Alvernon) • 520/323-1222

Developed in 1979 by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical School, MBSR is an 8-week program of intensive training in mindfulness meditation. MBSR has been recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence based program through the National Registry of Evidence-based Programs and Practices (NREPP).

*Learn to navigate your inner and outer worlds
with greater ease and happiness.*



Mind Full, or Mindful?

Instructor:

Dr. Teri Davis is a licensed naturopathic physician, a certified yoga teacher, and a certified MBSR instructor; licensed to practice medicine by the State of Arizona (Lic. #78-327), and certified to teach MBSR by the Center for Mindfulness in Medicine, Health Care, and Society at the University of Mass. Medical School.

Classes cost \$300. All classes free to veterans, service members, their partners and families thanks to donations from the Little Chapel of All Nations, Worldwide Small Change, Arizona Department of Veterans' Services, Military Order of the Purple Heart, Arizona Disabled Veterans Foundation, Albertsons Foundation, private family foundations, and compassionate individuals making contributions. Every donation is tax-deductible, needed, and appreciated!