

Mindfulness-Based STRESS REDUCTION

An 8-week course • October 8 - November 26, 2019 • Tuesday evenings 6:00 - 8:30 p.m.

Full-day class on Sunday, November 17, from 9:00 a.m. - 4:00 p.m. • Cost: \$280 (\$180 for St. Luke's employees)*

Classes will be held at:

St. Luke's University Hospital – Bethlehem
Priscilla Payne Hurd Education Center

The course is open to patients, employees,
care givers and the general public.

*St. Luke's employees who are able to pay the full course fee of \$280 will help offer scholarships to those in need.

For details on available scholarships to help cover the program cost, please email Collette.Fanning@sluhn.org.



Mindfulness-Based Stress Reduction (MBSR) is an eight-week, evidence-based program that offers secular, intensive mindfulness training to assist people with stress, anxiety, depression, and pain.

This course will help:

- Improve mood and energy
- Increase focus and mental clarity
- Manage difficult situations and emotions
- Enhance communication ability
- Increase enjoyment and appreciation of life

For more information or questions about the course, call Padma Fanning through the Pastoral Care Dept. at 484.526.4000 x4772, or email Collette.Fanning@sluhn.org.

Course leader: Padma Fanning



is an accredited mindfulness teacher who has taught mindfulness for over 20

years in the UK and in the US.

She is currently a Buddhist chaplain at St. Luke's Bethlehem Campus providing care to patients with cancer.

Sign up at: sluhn.org/2019mindfulness