

Mindfulness-Based Stress Management: A Free Introduction



Thursday, January 5th; 6 to 7 PM
TriHealth Pavilion, 6200 Pfeiffer Road,
Cincinnati, OH 45242

Mindfulness is the practice of present moment awareness with acceptance in order to live better with stress, pain, and illness and for greater life satisfaction. *Life goes better* when one has the skill to be aware and accepting of what is happening right now. This is called mindfulness. When one is aware, fully accepting of what exists in the present moment, a natural alignment of one's self and one's circumstances follows. One relaxes into awareness. This enables a kind of clear understanding and judgement of how to be and what to do in response to difficult circumstances and life challenges.

About Michael Wizer, Psy.D. Instructor: Dr. Michael Wizer is a health psychologist and mindfulness meditation teacher for many years. His doctoral research is about the use of mindfulness in stress management. The former director of the Dean Ornish Program for Reversing Heart Disease at Mercy Franciscan Hospital, he is presently a clinical psychologist with BridgePointe Psychological and Counseling Services.