

# Mindfulness-Based Stress Management



*The practice of present moment awareness with acceptance in order to live better with stress, pain, and illness and for greater life satisfaction*

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**Program Start Date:**

Monday February 6th

**Schedule:**

Seven consecutive Mondays  
from 6 to 8 PM

**Program Location:**

TriHealth Pavilion  
6200 Pfeiffer Road  
Cincinnati, OH 45242

**Instructor:**

Michael Wizer, Psychologist

**The cost of attendance:**

\$450 (\$400 when paid in full  
before January 19th.)

*For those with a medical or psychological disorder, attendance may be covered by insurance along with copayment. There will be some partial scholarships available for qualified individuals. (Payment includes a Jon Kabat-Zinn Mindfulness Practice CD set for your home practice.)*

To register or for more information contact Michael Wizer at 891-0650 ext 249.

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.

Over seven weeks we will meet two hours each week to learn and practice mindfulness. The goal: to apply mindfulness to the challenges we each face — whether because of chronic illness or chronic pain, anxiety or depression, work or family stress — or simply because we wish to have as satisfying a life as possible.

**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.*