



Women's College Hospital

Mindfulness-Based Stress Reduction Program

**Mind/Body Training for men and women
with a medical illness**

MBSR is an **eight-week intensive structured group** program that provides instruction in mindfulness meditation practices to heighten awareness of how we react to both emotional and physical pain. It addresses the **stresses of coping with a medical illness** and serves as a valuable complement and support to regular medical treatment.

Medical Conditions for which mindfulness can be Helpful:

Heart Disease

Arthritis

Diabetes

Fibromyalgia

Gastro-intestinal Disorders

Chronic Back Pain

Cancer

High Blood Pressure

Psoriasis

Program Coordinator: Temi Firsten, MSW
Mental Health in Medicine Program

**For further information on attending
an information session:**

call (416) 323-6010

*Preference is given to active patients of
Women's College Hospital*