



The Krame Center for
Contemplative Studies and Mindful Living
at Ramapo College

invites you to a **Free Introductory Talk** to learn about the
Mindfulness-Based Stress Reduction (MBSR) Course

Friday, September 11 from 7 - 9 p.m.
in the Trustees Pavilion at Ramapo College of New Jersey.

This is an evidence-based method of mindfulness and relaxation training developed at the University of Massachusetts Medical School. It can be an important adjunct in the treatment of a variety of health issues. It is also a very effective approach to reducing stress and pain while enhancing the ability to concentrate. The course will be taught by Ken Verni, a licensed Psychologist and MBSR instructor.

The MBSR course will then be held on campus on Friday evenings:
September 18, 25, October 2, 16, 23 and November 6, 13, 20
and includes a full-day retreat on Saturday, November 14.

For more information or to sign up for the free introductory talk or the eight week MBSR course series go to www.ramapo.edu/kramecenter/community

In case of inclement weather, please check the website.

For disability-related accommodations contact
Carolyn Tucci at ctucci@ramapo.edu or 201-684-7659.