

# A Stress Management Program

## Based on Mindfulness Meditation

Presented at AdventHealth Ottawa by William Hale, M.D.

### Develop a serene mind and a calm body through mindfulness.

Mindfulness-based stress management is a scientifically proven technique that can improve physical, mental, and relationship health.

#### Stress – We all have it! But we can flow with life's challenges through mindfulness.

This 8-week course helps you cultivate a serene mind and a relaxed body in the midst of stressors such as chronic health problems, anxiety, depression, sleep disturbances, headaches, and day to day life.

#### This intensive program includes:

- 8 weekly sessions of 2 ½ hours each.
- A 6-hour Day of Mindfulness retreat.
- Audio recordings to guide home practice of yoga and meditation.
- 45-minute daily commitment to practice during the eight weeks of the course.



Click on the icon to view a 6-minute video about the course.

#### Dates:

October 1 - November 19, 2019  
Tuesday evenings, 6:30-9:00 p.m. and  
Saturday, November 9 - 9am to 3pm

#### Location:

AdventHealth Ottawa Conference Rooms  
1301 S. Main Street, Ottawa, KS

**Cost:** \$100 (A sliding scale is available)

**To Register:** Call 785-830-9098  
or visit [www.mindfulinthemoment.com](http://www.mindfulinthemoment.com).

- Only 30 people admitted to the class on a first come, first served basis.
- **Register by Monday, September 30, 2019**

*"I can be at peace on the inside, even when things around me are in turmoil." – V. Bonner*

*"Through being more present I feel the joy of small pleasant things that I was too distracted to notice before." – N. Kemp*

### For More Info:

Contact Dr. William Hale at 785-830-9098 or visit [www.mindfulinthemoment.com](http://www.mindfulinthemoment.com).

AdventHealth Ottawa complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-785-229-8411 (TTY: 1-800-766-3777).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-785-229-8411 (TTY: 1-800-766-3777).