

# Mindfulness-Based Stress Reduction

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



## Mindfulness-Based Stress Reduction

This 8-week class, which includes a full day retreat, is designed to teach you mind body awareness techniques to help you cope with psychological or physical symptoms from stress and stress-related illnesses. Participants have reported increased ability to cope with stressful situations, greater energy, and effective coping with chronic pain.

In this eight-week class participants will learn:

- Skills & techniques to reduce emotional & physical symptoms of stress
- A specific relaxation/meditation practice and movement routine to improve symptoms
- Effective communication skills to improve relationships

### Dates & times:

In-person: Eight sessions plus all-day Saturday retreat

Online: Six Sessions plus half-day Saturday retreat

### Fees:

In-Person: \$135 for Kaiser Permanente members, \$280 for nonmembers

Online: \$85 for Kaiser Permanente members, \$150 for nonmembers

**To register for this class, please contact Health Education Department 415-833-3450 or email: [SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)**

## Your Online Tools A Shortcut to a better life

### My Doctor Online

[kp.org/mydoctor](http://kp.org/mydoctor)

- Choose and email your doctor
- Get online programs, videos, and recommended information from your doctor
- View Insomnia EMMI
- Search Sleep Related articles

### Podcasts- [kp.org/listen](http://kp.org/listen)

- Stress Management
- Sleep
- Panic Attack and Anxiety
- Relaxation and Wellness
- Self Confidence

### Interactive Program

[kp.org/healthylifestyles](http://kp.org/healthylifestyles)

- RELAX a personalized assessment and tailored program for your needs



### Visit the Health Education Center

2241 Geary Blvd, SF, CA 94115 or

1600 Owens St., SF, CA 94158

**Call (415) 833-3450**

Hours: Monday - Friday 9 a.m. – 5 p.m.

[SFHealthEd@kp.org](mailto:SFHealthEd@kp.org)

[kp.org/sanfrancisco/healthed](http://kp.org/sanfrancisco/healthed)

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under your plan, or call Kaiser Permanente Member Services for additional information.