



## live Brilliance: Stress Reduction

**Tuesday, March 6, 2018**

**601 S. Henderson Road**

**King of Prussia, PA**

Indicate your session preference when registering: **10 am, 2 pm or 7 pm**

**EACH SESSION IS 2 HOURS**

Over time, chronic stress can lead to serious health problems. Practicing stress reduction can help so that relationships are not damaged, health improves, and quality of life is enhanced.

This session provides opportunity to:

- Explore Mindfulness-based Stress Reduction (MBSR) and decide if it's right for you
- Experience some techniques and approaches to combating stress
- Learn about the physiological effects of stress and mindfulness on humans
- Discover how and why mainstream medicine has accepted MBSR, a scientific, evidence-based practice and how it can help us as leaders, parents and good human beings

### **WHY DO SPORTS ICONS, MEDICAL SCHOOLS AND BILLIONAIRES EMBRACE MINDFULNESS?**

**Because they've learned it helps train the mind and body to react better to  
challenging situations, focus more clearly, and improves health and wellness.**

**MANY AGREE....LIFE DEPENDS ON IT.**

*"Once you learn, it's yours to keep forever and use anytime. I love that."* 2017 live Brilliance participant

**ALL OF OUR PRACTITIONERS TRAINED BY: PENN MEDICINE MBSR PROGRAM**

**Register [www.liveBrilliance.org/registration](http://www.liveBrilliance.org/registration)**