

Mindfulness Based Intervention

Mindfulness Based Intervention (MBI) is an evidence-based treatment intervention that uses the ancient practice of mindfulness – being present in the moment and paying attention to your thoughts, body and emotions. MBI uses meditation to encourage present-moment awareness and deep relaxation.

MBI teaches you to consciously take charge of your stress and the challenges and demands of everyday life. It has proven to be effective for helping with stress, pain and chronic illness.

Package of eight 45 minute sessions and resources | \$325

Classes held Mondays at 5:45 p.m. at the Sanny & Jerry Ryan Center for Prevention & Genetics (*located in Choice Health & Fitness*).

For more details or to register, call 701.732.7620



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