

# Introduction to Mindfulness-Based Stress Reduction



*Thursday, January 14<sup>th</sup>, 10:30-11:30 a.m.*

*Edward and Arlene Feller Community Room, Second floor  
Ludovici Park  
17641 Old Cutler Road, Palmetto Bay*

*Carol Kaminsky  
Dance/Movement Therapist*

*The program is free. Space is limited and reservations are required.  
Please call 786-596-3812 or email us at [bhsfprogram@baptisthealth.net](mailto:bhsfprogram@baptisthealth.net)*



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