



Mindful Stress Management:

3-Session Virtual Introductory
Educational Course

Course Begins Monday, May 10th

Please Call (617) 732-9700 to register

Course Instructor

Christina M. Luberto, PhD

Dates / Fees:

Mondays from 6:30 to 8:00pm

May 10, 2021

May 17, 2021

May 24, 2021

Program Fee: \$150*

**Through a pilot grant from MGB System Behavioral and Mental Health Pilot Grant, program fees are fully covered for Mass General Brigham employees and their immediate family members.*

Location: This is a live VIRTUAL (Zoom) program offered through the Osher Clinical Center Brigham and Women's Hospital 850 Boylston St, Suite 422 Chestnut Hill, MA 02467

(617) 732-9700

This 3-session virtual course will introduce the practice of mindfulness to help manage stress and improve well-being. It will include guided mindfulness practices, interactive activities and instructor led group discussions. Participants will receive handouts, develop skills and gain resources to establish an ongoing mindfulness practice and learn how to use mindfulness to better respond to life's stressors.

The course will cover:

- Mindfulness background and scientifically supported benefits.
- Training in several different mindfulness practices.
- Applications of mindfulness for managing stress and promoting well-being.

Christina M. Luberto, PhD, is a licensed clinical psychologist, mindfulness teacher, and mind-body researcher with over 10 years experience using mindfulness to help people reduce stress and improve well-being. She is an Assistant Professor of Psychiatry at Harvard Medical School and Staff Psychologist at Massachusetts General Hospital, where she works at the Benson-Henry Institute for Mind-Body Medicine, and Staff Psychologist at Cambridge Health Alliance, where she works in the Center for Mindfulness and Compassion. Dr. Luberto maintains a clinical and teaching practice and conducts research on mindfulness interventions for emotional and physical health improvement.

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