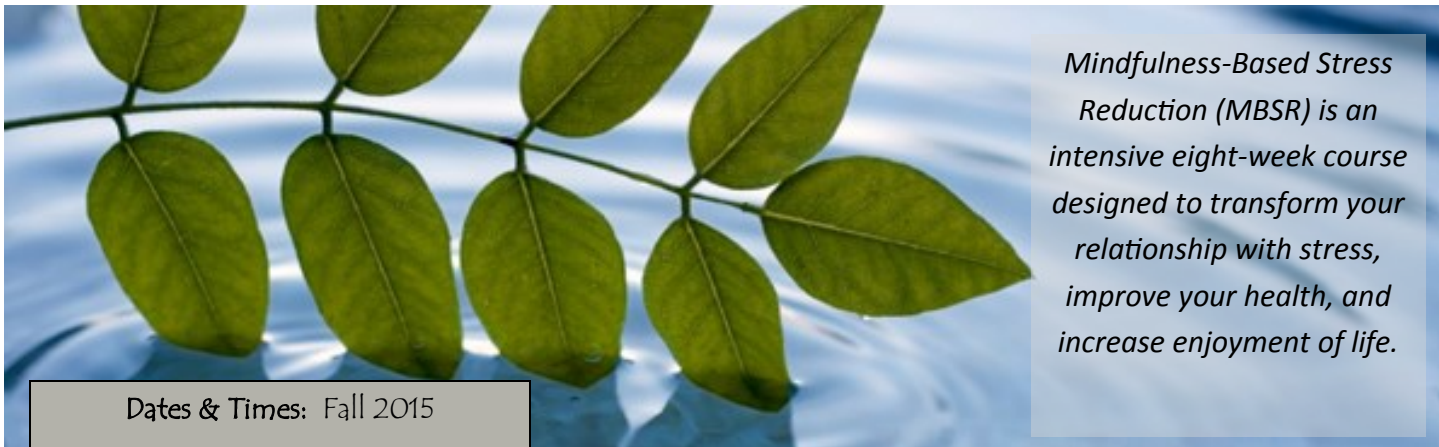




# Mindfulness Based Stress Reduction

A Free 8 week program for Lesbian, Gay, Bisexual and Transgender Older Adults



*Mindfulness-Based Stress Reduction (MBSR) is an intensive eight-week course designed to transform your relationship with stress, improve your health, and increase enjoyment of life.*

## Dates & Times: Fall 2015

### Two Sections:

#### **Newton:**

Tuesday afternoons 4-6pm

Starting Nov 10 ending Jan 5

Newton Senior Center, 345 Walnut St, Newton

#### **Braintree:**

Wednesday Afternoons 4-6pm

Starting Nov 11 ending Jan 6

All Souls Church, 196 Elm St, Braintree

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### **Informational Sessions**

Newton: Friday Nov 6: 2-3pm

Braintree: Wed Nov 4: 3-4pm

### **To register or for more information contact:**

Bob Linscott, LGBT Aging Project,

(857) 313-6578 or

BLinscott@fenwayhealth.org

**Stress** is a normal part of everyday life. But the current amount of physical, mental and social stress many are experiencing in today's society is not normal. Research confirms that unrelenting chronic stress can eventually exhaust the body, overwhelm the brain and predictably lead otherwise healthy individuals to function in a depleted state.

**Mindfulness** is a way of learning to pay attention in a sustained and particular way, on purpose, in the present moment to whatever is happening in your life.

### **What will you learn in this program?**

You will learn practical skills and tools to effectively manage stress, pain, illness, and life's daily challenges. These skills include:

- Relaxation and meditation methods for calming the body and mind
- Gentle yoga (can be modified in chairs for those with limited mobility)
- Stress Reduction strategies
- Pain management
- Methods for overcoming challenging emotions (such as anger, anxiety, depression)



Bob Linscott, MTS, has been practicing meditation and yoga for over 25 years. He has been a meditation instructor for the past 10 years and most recently completed the professional training in Mindfulness Based Stress Reduction at The Center For Mindfulness at The University of Massachusetts Medical School.

Bob is also the Assistant Director of The LGBT Aging Project, a program of The Fenway Institute.

The MBSR Program for LGBT Older Adults is facilitated by The LGBT Aging Project, a Program of The Fenway Institute and funded by The Tufts Health Plan Foundation. The Fall 2015 classes are co-sponsored by South Shore Elder Services, Newton Council on Aging and All Souls Church, Braintree.

