

# MINDFULNESS-BASED STRESS REDUCTION



## African American Health Program

This program is offered at NO COST to Montgomery County residents, thanks to funding provided by the Department of Health and Human Services (DHHS), Montgomery County, MD.



### What you will get:

- MBSR 8-Week Course Completion Certificate
- Support in starting a mindfulness and meditation practice
- A Full Day Retreat Included
- 100% Online



Register here  
for an  
orientation to  
learn more!

**Click Here to Register!**

***Online Course  
Begins March 2nd!***

# DISCOVER THE POWER OF MINDFULNESS-BASED STRESS REDUCTION

MBSR is a proven program designed to help you reduce stress, enhance well-being, and develop emotional resilience. By combining mindfulness, meditation, and body awareness, MBSR teaches skills and practices to navigate challenge and life.



## WHY MBSR WORKS

### 1. Significant Stress Reduction

MBSR consistently lowers stress levels, helping you feel calmer and more in control.

### 2. Improved Mental Health

Struggling with burnout or a sense of overwhelm? MBSR is a powerful tool to foster the resilience needed to face life's challenges with steadiness and strength.

### 3. Better Emotional Regulation & Quality of Life

Learn to manage difficult emotions and respond thoughtfully instead of reacting impulsively. Participants consistently report greater life satisfaction, improved relationships, and a stronger sense of well-being.

  
**African American  
Health Program**

The African American Health Program is funded by the Department of Health and Human Services (DHHS), Montgomery County, MD.



Alexis Thomason  
Qualified MBSR Teacher  
CEO & Founder  
The NM Collective

Email me with  
any questions.  
I'm here to  
help!

[ceo@noblemaat.com](mailto:ceo@noblemaat.com)