



# Mindfulness Stress Management

with Michael Leeds, Ph.D.

## STRESSED?

The Cardiovascular Wellness Program is pleased to offer a new workshop facilitated by Dr. Michael Leeds.

This powerful, effective program is for anyone interested in health issues such as weight management, risk factor modification and exploration of wellness potential.

## 8 WEEKS TO TRANQUILITY

Eight workshop sessions focus on the introduction and practice of specific mindfulness skill sets, including attention to breath, physical sensations, thoughts and feelings through a variety of reflective and meditation techniques including:

- mindful body awareness (Qi Gong)
- sitting, standing and walking meditation
- mindful speaking and listening

By the end of the workshop, you will have learned to be in control of your own mind instead of letting your mind be in control of you. Each workshop meets once weekly for two hours at the Oregon Heart & Vascular Institute.

**Michael Leeds, Ph.D.**, has been a consultant and psychotherapist in private practice for almost 30 years. In addition, he has been a college instructor at both the graduate and undergraduate levels.



He holds a bachelor's degree in psychology and religious studies, and both master's and doctoral degrees in psychology. He is a Licensed Marriage and Family Therapist.

His mission is to maximize personal development through healthy behavioral decisions and to make a positive contribution to health promotion and positive social environments.

For information or to register, call 541-222-7216

Workshop fee: \$250/person  
\$350/couple

Space is limited to  
20 registrants per workshop!