

# ***Feeling Stressed?***

Mindfulness Based Stress Reduction (MBSR) Course  
For Lesbian Gay Bisexual and Transgender Older Adults

**A transformative 6 week course**



**Monday Mornings**

**10 A.M. to 12:30 P.M.\***

**October 20 to December 1**

**Orleans Senior Center**

\* actual times may vary depending on availability of participants

**Advance Registration is Required**



**Space is limited: Register Now!**

**Call 857-313-6578**

**Free!**

Facilitated by: The LGBT Aging Project, a Program of The Fenway Institute  
Funded by Tufts Health Plan Foundation  
Cosponsored by Orleans Senior Center and Lower Cape LGBT Seniors

