



FOR IMMEDIATE RELEASE

### **Stress Management Program to be offered at the Chamber of Commerce**

The Stress Management Program will be provided through the Big Bear Chamber of Commerce for their Chamber members and their employees. LEAFS Stress Management Program is a four week program, meeting once a week, for a 90 minutes on Thursday evenings starting March 24, 2016 at 5:00pm held in the Chamber's meeting room with entry through the back door. The program is being offered free to chamber members and their employees - no pre-registration required.

The purpose of the LEAFS program is to provide a means for learning how to relieve personal stress. The LEAFS program is an introductory program, a launchpad, for people to learn and explore various cognitive techniques that can deal with stress. There are no overnight magical stress reduction results implied by the LEAFS program. Individual success at relieving stress totally depends upon one's dedication of time and effort to cultivate a mindfulness-based orientation that can help reduce personal stress. The LEAFS Stress Management Program does not provide medical advice. Program participants need to consult with their physicians to seek medical advice.

- This program is based on scientific neuroscience research findings and provides a condensed version of Jon Kabat-Zinn's "Mindfulness-Based Stress Reduction" (MBSR) Program.
- The stress management classes use secular meditation techniques – non-religious, non-political, genderless, and no guru.
- The LEAFS program is led by two coaches, Mike Foley and Bill Treadwell.

Leafs for Wellness Foundation is sponsoring the Stress Management Program. Leafs for Wellness Foundation's vision is to participate in the growth of vibrant, prosperous, healthy communities. The foundation's mission is to support wellness initiatives. Wellness extends beyond individual people to the interdependences of cultures, the world environment and the wisdom of nature's way.

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