**MATSOL 2016 Beating Burnout Resources**

**Online Powerpoint Presentation:** http://tinyurl.com/jvevmlj

**Meditation:**

**Cambridge Insight Meditation Center,** Cambridge, MA 617-491-5070 www.cambridgeinsight.org

**Insight Meditation Society,** Barre, MA 978-355-4378

www.dharma.org/ims/programs/index.htm

**Worcester Zen Community,** Worcester, MA 508-792-5189

www.worcesterzen.org

**Cooley Dickinson Hospital,** Northampton, MA

http://valleystressreduction.com/graduates.htm

**HeartWell Institute,** Worcester, MA 774-243-6800

www.heartwellinstitute.org

**Mindfulness-Based Stress Reduction (MBSR):**

**UMass Medical School,** Center for Mindfulness, Shrewsbury, MA 508-856-2656

http://www.umassmed.edu/cfm/stress-reduction/mbsr-8-week/

**Brigham and Women’s Hospital,** Osher Clinical Center, Chestnut Hill, MA

http://www.brighamandwomens.org/Departments\_and\_Services/medicine/Services/oshercenter/course\_msbr.aspx

**Valley Mindfulness,** Northampton, MA 413-570-0312

http://www.valleymindfulness.com/programs.html

**North Shore Medical Center,** Salem, MA 978-354-2670

http://nsmc.partners.org/pediatrics/family\_resource\_center

**South Shore Family Health Collaborative,** Quincy, MA 617-750-0183

http://www.southshorefamilyhealthcollaborative.com/mindfulness-based-stress-reduction-program-mbsr/

**Yoga:**

* Google yoga classes in your area
* Groupon usually has deals for local yoga studios