

Contact:  
Yolanda Canny  
408-369-4248  
yolanda@agedefy.com

FOR IMMEDIATE RELEASE

Age Defy and Wellness  
Sponsors Mindfulness-Based Stress Reduction Program

A Program Designed To Create More Balance In Daily Living

Campbell, CA (December 6, 2006) – People renew their enthusiasm for life! The Mindfulness-Based Stress Reduction Program is designed to teach mind and body awareness techniques to help people live with physical or psychological symptoms due to stress, pain, or illness. The Program was developed by Jon Kabat-Zinn, Ph.D. at the University of Massachusetts Medical Center and was featured on the Bill Moyers' PBS special, "Healing And The Mind." Today the Program is offered by more than 200 medical centers in the United States.

This intensive eight-week training empowers participants to take an active role in the management of their health. The Program complements the medical management of illness, chronic pain and stress-related conditions such as:

- Headaches/migraines and sleep disturbances
- Heart disease, high blood pressure, anxiety, panic disorders
- Gastrointestinal disorders, asthma, arthritis, fibromyalgia
- Cancer, AIDS, and many other chronic medical conditions

A Free Introductory drop-in session will be held Monday, January 15th – 7:00 to 9:00 p.m. It is followed by an eight week series on eight consecutive Mondays, January 22nd to March 12th from 7:00 to 9:30 p.m.. The series includes an all-day retreat Sunday, March 4th, 9:30 to 4:30 p.m.

By learning to actively participate in the management of their health and well being, many participants are better able to manage stress, fear, anger, anxiety, and depression at home and at work, feeling less judgmental of themselves and others. Others report a reduction in the number of hospital and health care provider visits and in the use of both prescription and non-prescription medications.

###

Age Defy is a nationally recognized, accredited cosmetic dermatology Medical Center. Dr. Rick Noodleman is a board-certified dermatologic surgeon. A graduate of Harvard University, he completed his residency in dermatology at Stanford University School of Medicine and a fellowship in dermatologic surgery at Duke University Medical Center. Dr. Noodleman has been in private practice since 1986.

Media inquiries via Yolanda Canny of Age Defying Dermatology and Wellness at 408-369-4248 or yolanda@agedefy.com.  
3803 S. Bascom Avenue, Suite 200 Campbell, CA 95008 408-559-0988 or 877-AGE-DEFY  
www.agedefy.com