



HECHT
TRAUMA
INSTITUTE

EDUCATION | INFORMATION | SERVICES

MINDFULNESS-BASED STRESS REDUCTION

Brought to you by:



Be Well

ORANGE COUNTY

Live - Virtual Events



Virtual Reiki healing offered by
S.A.G.E. Wellness
Register [**HERE!**](#)



Live-virtual yoga life skills offered by
UpRising Yoga
Register [**HERE!**](#)