



**APRIL 2022 – SPRING 8-WEEK SESSION**

*Registration is limited. Some insurances accepted.*

Visit [SaratogaStressReduction.com](http://SaratogaStressReduction.com)

**SATURDAY MORNING CLASS ONLY**

*Begins APRIL 2nd, 2022*

**Eight SATURDAY MORNINGS from 8:00 to 9:30 AM**

**4/2/22 through 5/21/22**

**\* Special, Extended “Retreat” Class:  
Saturday, MAY 7th, 8:00 am – 11:30am**

**ALL CLASSES HELD “IN PERSON”**

**AT CAFFÉ LENA, 47 Phila St, (2nd floor)**

**Elevator available**

*Inquire with instructors about updated coronavirus safety measures.*

**\*\*\*NOTE: Caffe Lena requires proof of  
full coronavirus vaccination for entry.**

*Contact our office at (518) 581-3180 ext. 300*

*or Dr. Selma Nemer ext. 307*

*with any questions or for more information*

*See page 2 for FAQ & reminders...*

## WELCOME TO THE SARATOGA STRESS REDUCTION PROGRAM

**\*\*\*FIRST DAY OF CLASS PREPARATION / FAQ\*\*\***

**VISIT: [SaratogaStressReduction.com](http://SaratogaStressReduction.com)**

*Welcome to our class. We are happy you here are with us!*

- Please complete your **Registration Packet** in advance of the program to secure your place in class. Registration forms are available online or can be mailed to you. You must pre-register. This is important, since class size is limited. **DO NOT EMAIL INSURANCE INFO.** Fax or snail mail only.
- **Your Registration Form & non-refundable payment of \$200 is due BEFORE Class #1.** This enables you to receive all course materials via secure password and reserves your space in class.
- **Payment balance is due at class #2.** We accept cash or checks (to “SSRP”) or visit our SSRP PROGRAM PAYMENTS WEBPAGE if you wish to use PayPal or any credit card: <http://www.oneroofsaratoga.com/ssrs-program-payments/>
- **INSURANCE:** Please fill out the INSURANCE FORM in our registration packet BEFORE CLASS #1 if you wish to use your insurance for the program. Insurances we accept are listed on our website. If you have any insurance questions, please call Dr. Selma Nemer at 518-581-3180 ext 307.
- Caffe Lena requires proof of full coronavirus vaccination for entry. Be sure to bring this and a mask with you to CLASS #1. Inquire with instructors about any other updated coronavirus safety measures.
- Wear comfortable clothing that is loose around your waist (yoga pants, sweat pants) and wear layers to ensure temperature comfort. Bring a fleece or sweater.
- Helpful reading: *Full Catastrophe Living* by Jon Kabat-Zinn (1990), Introduction & Chapter One. This is not at all mandatory, but can help orient you to the program.
- Call or email us, your instructors, with any questions and/or special scheduling concerns: **Selma Nemer (518) 581-3180 x 307 office, Mon. -Thurs. [snemer2@nycap.rr.com](mailto:snemer2@nycap.rr.com)**  
**Pierre Zimmerman (413) 992-7012 cell [pzimmie2@icloud.com](mailto:pzimmie2@icloud.com)**
- For your convenience, we have made all your class and practice materials accessible ONLINE at a password protected web page. Mary J. in the office will email you access to this information BEFORE CLASS #1, after you have registered and made your 1st payment of \$200. If you have any problems finding this info. feel free to contact Mary J. in our office **M, TU, TH, 8am-4pm.** She is happy to assist during these office hours.
- **FOR POSSIBLE SNOW DAYS:** During winter months, for snow cancellation info, visit this webpage where we will POST ANY CANCELLATIONS OR DELAYS: <http://www.oneroofsaratoga.com/saratoga-stress-reduction/schedule/> Or call instructor Pierre Zimmerman *if you do not have web access:* **Pierre Zimmerman (413) 992-7012.**  
*(\*\*Pls. do not call Mary or Selma on snow days, as they will not be in the office)*