



JANUARY 2023 – WINTER SESSION

Registration is limited. Some insurances accepted.

Visit SaratogaStressReduction.com

SATURDAY MORNING CLASS ONLY

Begins JANUARY 21, 2023

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

1/21/23 through 3/18/23*

***NOTE: NO MEETING SAT. FEB. 25th**

*** **Special, Extended “Retreat” Class****

Saturday, MARCH 4th, 8:00 am – 11:30am

ALL CLASSES HELD “IN PERSON”

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

*****IMPORTANT: CAFFE LENA'S IS #47 PHILA ST, HOWEVER,
THE ENTRANCE THAT IS OPEN SATURDAYS IS A NARROW DOORWAY
BETWEEN THE MUSIC SHOP & HATTIES, TO THE LEFT
WHEN STANDING AT THEIR MAIN SEMI-CIRCLE ENTRANCE, LABELED #47.**

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

Welcome to our class. We are pleased to have 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. She submits insurance for the program.
- Caffe Lena requires proof of full coronavirus vaccination for entry. Be sure to bring this and a mask with you to CLASS. 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**
Pierre Zimmerman (413) 992-7012 cell 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 SSRP 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).*
Thank you.