

This is to certify that  
**Mitchell Flores**

on March 2, 2023

successfully completed the eight-week MBSR course  
[ including approximately 50 hrs of instruction, reading, and practice ]

# **Mindfulness-Based Stress Reduction**



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Dave Potter  
certified MBSR Instructor

[ Online MBSR course offered through [palousemindfulness.com](http://palousemindfulness.com), Moscow, Idaho, USA ]