

Six Week Mindfulness-Based Stress Reduction Program

6 Wednesdays, 5:30 – 7:30 pm: March 21st, 28th, April 4th, 11th, 18th, and 25th

Plus a Day of Mindfulness Saturday, April 14th from 9:30am – 4:30 pm

19 contact hours for Nurses, LCSWs, LMHCs, LMFTs*

*Must attend all classes including Day of Mindfulness to receive CEs.

Classes will be held at Shands South Tower CCRC Family Room on the first floor.

Please print

Name: _____

Shands employee ID # (if applicable) _____

License # _____

Address: _____

City: _____

State, Zip: _____

Telephone _____

Email: _____

What is your interest in taking this course?

After February 15th, make check or money order payable to:

SHF or Southeastern Healthcare Foundation

Program fee:

_____ \$80.00* for Shands employees & staff

_____ \$160.00 non-employees

_____ Need contact hours?

_____ Nurse, LCSW, LMHC, or LMFT?

*All cancellations less than two weeks prior to the course will result in a \$30.00 administrative fee.

Bring or mail registration form and fee to:

Shands at UF Arts In Medicine

Box 100326

Gainesville, FL 32610- 0326

Questions: Contact Nancy at 352 222-2052 or nancylasseter@bellsouth.net

Nancy will contact you for a short phone interview before the start of the program