

Mindfulness-Based Stress Reduction

Evidence-based skills training for coping with distress in everyday life

January 31 - March 7, 2018

Six Wednesdays, 5:30 - 7:30 p.m.

Plus a Day of Mindfulness at Casa Micanopy
Saturday, February 24, 9:30 a.m. - 4:30 p.m.

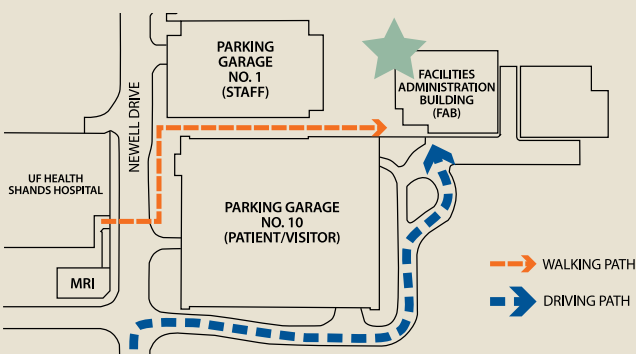
\$250

Advanced registration required

Presented by
Nancy Lasseter, EdS, LMHC
Wellness Educator
UF Health Integrative
Medicine Program

This course is appropriate for anyone coping with life's daily or extraordinary stressful conditions and is approved for 19 CEs for LMHCs, LMFTs and LCSWs.

Located in the Facilities Administration Building
1281 Newell Drive, Gainesville, FL 32610



The six-week MBSR course includes:

- ▶ Mindfulness meditation instruction
- ▶ Introductory mindful yoga
- ▶ Evidence-based tools for reducing anxiety and depression and promoting happiness
- ▶ Group dialogue
- ▶ Daily home practice assignments
- ▶ Course manual & audio CDs
- ▶ Full-day retreat



UF HEALTH INTEGRATIVE MEDICINE PROGRAM

Skills for a healthy and balanced life.

To register, please call 352.733.0881 or email ufhitm@shands.ufl.edu.