

Six Week Mindfulness-Based Stress Reduction Program

6 Tuesdays, 5:30 – 7:30 pm: September 28th, October 5th, 12th, 19th, 26th, and Nov. 2nd,

Plus a Day of Mindfulness Saturday, Oct. 23rd from 9:30am – 4:30 pm

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

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

Classes will be held at Shands Cancer Hospital in the Criser Cancer Resource Center, 1st floor

Please print

Name: _____

Shands employee ID # (if applicable) _____

License # _____

Address: _____

City: _____

State, Zip: _____

Telephone _____

Email: _____

What is your interest in taking this course?

Make Check or money order payable to:

SHF or Southeastern Healthcare Foundation

Program fee:

_____ :\$85.00* 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