Mindfulness-Based Stress Reduction
Evidence-based skills training for coping with distress and disability in everyday life

August 20 - September 24, 2014
Six Wednesdays, 5:30-7:30 p.m.

Plus a Day of Mindfulness at Casa Micanopy
Saturday, Sept. 13th, 9:30 a.m. - 4:30 p.m.
Advanced registration required

Presented by
Nancy Lasseter, EdS, LMHC
Mindfulness Practitioner
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 continuing nursing education contact hours and 19 CEs for LMHCs, LMFTs and LCSWs.

$185 for UF Health staff and patients
$250 for non-staff

Located in the Facilities Administration Building
Education Center Room 2

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

For more information, please email lasnan@shands.ufl.edu or call 352.733.0881.