Mindfulness-Based Stress Reduction

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

April 8 - May 27, 2015

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

Plus a Day of Mindfulness at Casa Micanopy
Saturday, May 16th, 9:30 a.m. - 4:30 p.m.

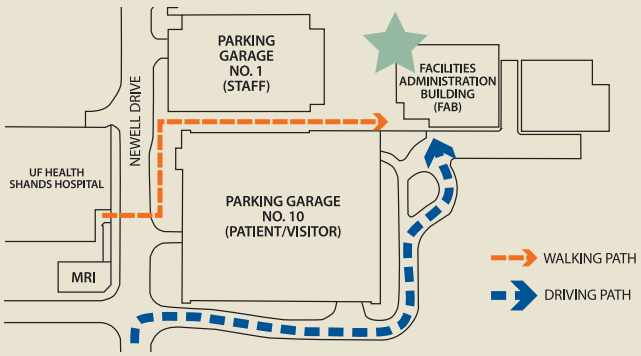
$225

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 contact hours for LMHCs, LMFTs, and LCSWs.

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



The eight-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

UFHealth
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UF HEALTH INTEGRATIVE MEDICINE PROGRAM

Supporting people on their journey to realizing wholeness.

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