



Mindfulness-Based Stress Reduction

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

September 7 - November 2, 2016

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

**Plus a Day of Mindfulness at Casa Micanopy
Saturday, October 22nd, 9:30 a.m. - 4:30 p.m.**

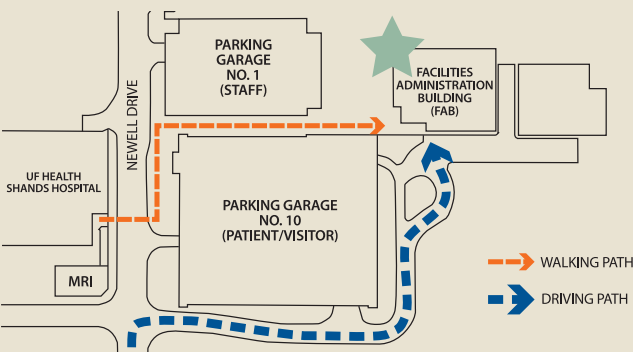
\$265

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 23 CEs 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**

Skills for a healthy and balanced life.

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