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 CEUs 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

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.