Explore the research-based core practices of mindfulness. Enhance your awareness of life's daily treasured moments and refine your coping skills through the mobilization of your inner resources for learning, growing, and healing.

In this workshop, you'll practice:
- Mindful sitting, movement, and eating
- Compassion and gratitude
- Breathing and relaxation techniques

Presented by Nancy Lasseter, LMHC, Ed.S.
Wellness Educator
UF Health Integrative Medicine

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Located in the Criser Cancer Resource Center
1515 SW Archer Rd, Gainesville, FL 32608

Sat., January 27th, 2018
10:00 a.m. – 1:00 p.m.
$45

Advanced registration required

For more information or to register, please email UFHITM@shands.ufl.edu or call 352.733.0881.