

Tools for a Mindful Life

Meeting the challenges of these stressful times

Sat., January 27th, 2018

10:00 a.m. – 1:00 p.m.

\$45

Advanced registration required

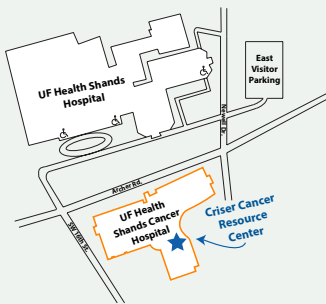
Presented by
Nancy Lasseter, LMHC, Ed.S.
Wellness Educator
UF Health Integrative Medicine

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

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



UF HEALTH INTEGRATIVE
MEDICINE PROGRAM

Skills for a healthy and balanced life

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