Mindfulness-Based Stress Reduction
Evidence-based skills training for coping with distress in everyday life

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

September 9 - October 28, 2015
Eight Wednesdays, 5:30 - 7:30 p.m.
Plus a Day of Mindfulness at Casa Micanopy
Saturday, October 17th, 9:30 a.m. - 4:30 p.m.
$225
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

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