

Mindful Self-Compassion

4-Day Intensive Course

Registration & Information Form

Dates/Times

Friday, March 15 (5-7:30 p.m.), Saturday, March 16 (9 a.m.-6 p.m.),
Sunday, March 17 (9 a.m.-6 p.m.), Monday, March 18 (6 p.m.-8 p.m.)

Location

Bryan Hospital - Board Room
433 W. High St. Bryan OH 43506

Registration

Space is limited! Register to reserve your spot by contacting Kathy Davis at 419-636-5414 or kathydavis@chwchospital.org.

Fully Funded by



Community Hospitals
and Wellness Centers

Archbold • Bryan • Montpelier

Program By

Lorraine M. Hobbs, M.A.

Director, Youth & Family Programs

UCSD Center for Mindfulness Dept., Integrative Medicine

Mindful Self-Compassion

Registration - March 2019

Full name _____

Phone _____ Email _____

Yes, I fully understand that in exchange for Community Hospitals and Wellness Centers covering my course fees I will make every effort to attend every session of this course.

Commitment signature

Date