Mindful Self-Compassion

April 2020

Registration & Information Form

Class Dates & Times

Friday, April 17	6–8 p.m.
Saturday, April 18	9 a.m.–4 p.m.
Sunday, April 19	9 a.m.–4 p.m.
Monday, April 20	6–8 p.m.

Location

Bryan Hospital– 433 W. High St. Bryan OH 43506

Registration

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

Fully Funded by

Community Hospitals and Wellness Centers
Bryan · Montpelier · Archbold

Program By

Lorraine M. Hobbs, M.A.
Director, Youth & Family Programs
UCSD Center for Mindfulness Dept., Integrative Medicine

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Registration Form ✧ April 2020

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