

Mindful Meditation

Offered via Zoom October & November 2020 Registration & Information Form

Class Dates & Times

Thursday, October 29 6-8 p.m.
Thursday, November 5 6-8 p.m.
Thursday, November 12 6-8 p.m.
Thursday, November 19 6-8 p.m.

Offered virtually via Zoom

Program by Heidi Stark, M.Ed, RYT 200

Registration

Space is limited! Register by Monday, October 19 by contacting Kathy Davis at 419-636-5414 or kathydavis@chwchospital.org.

Fully Funded by



Mindful Meditation

Registration Form ✦ October & November 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