

Mindful Self-Compassion

Registration Form

Dates/Times

Saturday, August 21, 2021 9 a.m.-4 p.m.
Sunday, August 22, 2021 9 a.m.-4 p.m.
Monday, August 23, 2021 2 p.m.-6 p.m.

Location

CHWC- Bryan Hospital - 433 W. High St. Bryan OH 43506

Registration

Sign up now by contacting Kathy Davis at 419 636-5414 or kathydavis@chwchospital.org. Space is limited, so reserve your spot ASAP!

Fully Funded by



Program By

Lorraine M. Hobbs, M.A.

Director, Youth & Family Programs

UCSD Center for Mindfulness Dept., Integrative Medicine

Mindful Self-Compassion

Registration - August 2021

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