

# Mindful Self-Compassion for Students

Registration Form - September 26, 2023

## Date & Time

Tuesday, September 26, 2023

Students ages 10-13 5-6:30 p.m.

Students ages 14-18 6:45-8:15 p.m.

## Location

Community Hospitals and Wellness Centers - Bryan Hospital - 433 W. High St., Bryan

## Program Instructor

Heidi Stark, M.Ed, RYT 500

## Registration

Sign up by Wednesday, September 20, 2023 by contacting Kathy Davis at [kathydavis@chwchospital.org](mailto:kathydavis@chwchospital.org).

Space is limited, so reserve your spot as soon as possible!

## Fully Funded by



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# Mindful Self-Compassion for Students

Registration Form - September 26, 2023

Participant's Name \_\_\_\_\_

Parent/Guardian Phone \_\_\_\_\_

Parent/Guardian Email \_\_\_\_\_

Age of Student on the Date of Course \_\_\_\_\_

Students ages 10-13	5-6 p.m.
Students ages 14-18	6:45-8:15 p.m.

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

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Parent/guardian commitment signature

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Date