

[Mindfulness for Stress Reduction]

[May 25, 2018 | 12:00 - 1:00 PM | Via WebEx]

Individuals are pulled in more directions than ever with increasing pressure to accomplish more in both the professional and personal arenas which can lead to stress and depletion. Join the WVPCA and featured speaker Carli Mareneck, with the Greenbrier County Health Alliance, in conjunction with the West Virginia School of Osteopathic Medicine, as we discuss the concept of Mindfulness for Stress Reduction. Research has shown that regularly and consistently practicing mindfulness can increase self-compassion and empathy for others. This one-hour webinar will provide tools and tips for implementing mindfulness habits as part of your routine.

As part of this webinar, participants will learn basic mindfulness tools to result in:

- ✓ Increased concentration and focus
- ✓ Increased emotional regulation, impulse control
- ✓ Decrease anxiety and depression
- ✓ Increase compassion and empathy
- ✓ Increase sleep quality

\$25*

*per connection

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QUESTIONS? If you have questions about this training, please contact the WVPCA by email (events@wvpca.org), or by phone at 304.346.0032.

TARGET AUDIENCE: All health center staff, school-based health staff, behavioral health staff

REGISTRATION FORM

To register for this event, please complete and submit your registration form to events@wvpca.org before 5/18/2018. You may also fax it to 304.346.0033, or click 'SUBMIT' to send in your registration via Adobe Reader. Please register your organization's contact person in the top portion of this registration form. The person listed as 'Contact' will receive all information and correspondence to be disseminated to all other participants.

Name: _____

Email: _____

Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Ext: _____

Additional Attendees:

Name: _____

Name: _____

Name: _____

Payment Information:

Card Number: _____

Name on CC: _____

Exp Date: ____/____ *Please note, there is a 2.9% processing fee for all credit card payments.

Card Type* (please indicate):

☐ Visa ☐ Mastercard

Please make checks payable to:

West Virginia Primary Care Association

1700 MacCorkle Ave. SE, Charleston, WV 25314

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