

Minding the Bedside:

Meditative Awareness and Compassion in Healthcare

Friday and Saturday, September 12-13, 2014

Share your experience and learn **mindfulness, meditative awareness, and compassion practices** for healthcare professionals.

Why Attend?

- Explore the uses of mindfulness and meditative awareness in the clinical setting and identify clinical arenas for its use
- Learn self care, mind/body stress reduction practices
- Practice meditative awareness and compassion at the bedside to improve your patient's experience
- Examine present-day research in the field of mind-body medicine as it relates to meditation

Registration Fees

Regular \$ 150
Student \$ 100

Target Audience

Advanced practice nurses, nurses, physicians, physician assistants, students, faculty and other health care professionals who are seeking updated information in self care, mind/body stress reduction practices and meditation.

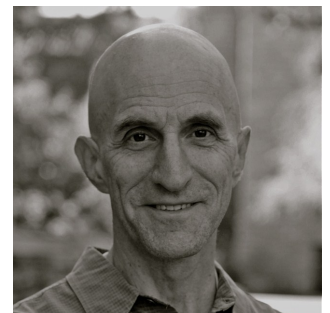
Location

Education 2 North, Room # 1206
University of Colorado Anschutz Medical Campus
13120 E. 19th Avenue
Aurora, CO 80045

Faculty

Jerome Stone is a Registered Nurse with over thirty years' experience in a variety of health-care settings, including pain management, hospice care, ICU, and research in complementary and alternative medicine.

Jerome is a long time practitioner of meditation and has taught hundreds of healthcare practitioners and lay-people the methods of mindfulness and meditation.



Continuing Education Credit

The University of Colorado College of Nursing is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This educational offering for **6.8 contact hours** is provided by the University of Colorado College of Nursing Office of Lifelong Learning.

www.regonline.com/MBSR14

For more information:

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Office of Lifelong Learning

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