

Mindfulness Meditation Practice: Finding Deeper Connection in Daily Life

Facilitator: Ben Garcia, BSN, RN

Ben blends his unique expertise as a mindfulness meditation facilitator and RN with over 20 years of experience in oncology.

Course open to healthcare professionals and patients.

FREE Virtual (Online) Course

Wednesdays: 12 -1 p.m. CT

8/31, 9/7, 9/14, 9/21/2022

Must Attend All 4 Sessions for CE Credit

Register at:

<https://beyondoncology.thinkific.com/courses/mindfulness-meditation-practice-fall-2022>

Mindfulness



Provider approved by the California Board of Registered Nursing, Provider Number 176647, for 4.0 contact hours for nurses.

Social Work and License Professional Counselor credit, 4.0 contact hours. beyond Oncology partners with Metro Dallas Aging Solutions, LLC.

This four-week mindfulness series is designed to support participants in exploring mindfulness as a tool to create more peace and ease their everyday lives. Throughout the 4 sessions, we will explore the science of how mindfulness works, have hands on experiences with a variety of meditations, and gain practical knowledge and support with incorporating a mindfulness practice to our everyday lives.

- Session 1 – Introduction to Mindfulness
- Session 2 – Mindfulness and Stress
- Session 3 – Mindfulness of Thoughts/Emotions
- Session 4 – Mindfulness in Daily Life