



OhioHealth Mindfulness-Based Short Course

The OhioHealth Mindfulness-Based Short Course is an abbreviated version of the evidence-based 8-week Mindfulness-Based Stress Reduction Course. In this 4-week course, you'll learn about *mindfulness*, a way of paying attention to the present moment intentionally and without judgement, and ways you can develop a mindfulness practice to support your well-being.

July - August 2025 Mindfulness-Based Short Course via Zoom

Free Introductory Class (*attendance is required to participate in the course*):

Tuesday, July 22 from 12 – 1:30 PM

This free Introductory Class is an opportunity to learn about the course and determine if it's right for you at this time.

Course Dates:

Tuesdays, August 5, 12, 19 & 26 from 12 – 1:45 PM

Location:

All classes, including the Introductory Class, will be held virtually via Zoom. For the best learning experience, please ensure access to reliable high-speed internet, a laptop or PC with webcam, speakers, a microphone to interact with facilitators/group, and a quiet space for privacy. It is not recommended to use a smart phone or tablet.

Facilitators:

Linnea Clouse, LPCC, LICDC, ATR & Jennifer Stauffer, LISW-S

Course Fees:

Community: \$95

OhioHealth Associates, Employed Physicians, Resident, APPs, Volunteers: \$47.50

OhioHealth Fitness Members: \$85.50

Students (18 years of age or older): \$47.50



Course Registration:

Registration is on a first-come, first-served basis and closes 2 business days prior to the first class. [Click here](#) to complete the intake forms. If you have any questions, contact the OhioHealth Mindfulness Program at 614-566-1800 or Mindfulness@OhioHealth.com. See FAQs for more information.

OhioHealth is accredited by the Ohio State Medical Association to provide continuing medical education (CME) for physicians. OhioHealth designates this series of live activities for a maximum of 8.5 AMA PRA Category 1 credit(s). Physicians should only claim credit commensurate with the extent of their participation in activity. Nursing: The Ohio Board of Nursing recognizes events approved by a nationally recognized accreditation system of continuing education approval. Objectives: Identify stress as it arises and intervene/manage it. Develop the capacity for "presence" using empathetic/compassionate listening skills. Demonstrate thoughtful and responsive behaviors when communicating with others.

