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.

April 2024 Mindfulness-Based Short Course

Introduction: This free Introductory Class is an opportunity to learn about the course and if it's right for you at this time. It is required for those attending any of our Mindfulness courses.

Free Introductory Class (*required*):
Tuesday, April 2 from 6:00-7:30 PM

Course Dates:
Tuesdays, April 9-April 30, all from 6:00-7:45 PM

Classes will be held at McConnell Heart Health Center, 3773 Olentangy River Rd, Columbus OH 43214 in Classrooms A&B.

Facilitators:
Linnea Clouse, LPCC, LICDC, ATR
Kevin Kraska, MSW, LISW-S, CTMH

Course Fees:
Community: $95
OhioHealth Associates: $47.50
OhioHealth Fitness Members: $85.50

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 614-788-4725 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 7.5 *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.