



OhioHealth Mindfulness Program

Mindfulness-Based Stress Reduction Course

The OhioHealth Mindfulness-Based Stress Reduction Course is an evidence-based 8-week course where you'll learn *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.

January-March 2024 8-Week 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's required for those attending any of our Mindfulness courses.

Free Introductory Class (required):

Wednesday, January 10 from 6:00-7:30 PM

Course Dates: Every Wednesday, January 24-March 13 from 6:00-8:30 PM

All-Day Retreat Date: Saturday, February 24 from 9:00 AM-4:00 PM

This course including the Intro Session and All-Day Retreat will be held at the McConnell Heart Health Center, 3773 Olentangy River Road, Columbus, Ohio 43214, Classrooms A&B.

Facilitators:

Kevin Kraska, MSW, LISW-S, CTMH

Jennifer Stauffer, LISW-S

Course Fees:

Community: \$375.00

OhioHealth Associates: \$187.50

OhioHealth Fitness Members: \$337.50



Course Registration: Registration is first-come, first-served 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 27 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. Learning 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.