

Mindful Health Professionals - 2016
Application Form
Mindfulness Based Stress and Pain Management Program

We welcome your application to MBS&PM, an eight session therapeutic Mindfulness-Based stress reduction program. Our sessions are designed to promote increased quality of life for those suffering from anxiety or depression and conditions causing chronic pain, as well as difficult life transitions. The course is held once a week for eight weeks Tuesday evenings 6:30 -9:00 p.m.

Leaders will be Howard Nathan, M.D.FRCP, Pain Physician; and Kathy Nathan, Ph.D., C.Psych., Clinical Psychologist. The cost of this program is \$400 plus \$45 for materials. In cases of financial hardship the cost can be reduced.

The course will be given at St. Paul University: 233 Main Street near the Pretoria Bridge. We are in Laframboise Hall. Free parking is available on the street. All sessions will be held 6:30 to 9:00 p.m. Tuesday evenings beginning in **January, April and September.** (Please circle the month you would like to start.)

You can read about all workshops on our website: www.mindfulhealthprofessionals.ca Please complete and return applications 6 weeks before the start of the workshop. All your information will be kept in strict confidence. If you would like to speak with one of us you may leave a message at 613-225-9322 and your call will be returned.

Name: _____ Date of Birth: _____

Address: _____ O.H.I.P. _____

Tel: _____ cell: _____

