

# Taste of Mindfulness



**Friday, February, 16, 2024**  
**11:00am - 12:30pm via WebEx**

During this workshop, participants will learn about mindfulness, its health benefits, and the neuroscience behind it. Participants will be guided through mindful movement, a body scan, and awareness of breathing and discuss using mindfulness in daily life in order to reduce stress.

## OBJECTIVES

Upon completion of this program, the participant should be able to:

1. Know the health benefits of mindfulness and the neuroscience behind it.
2. Practice mindful movement, a body scan, and awareness of breathing.
3. Know how to use mindfulness in daily life.

## TARGET AUDIENCE

Counselors & Therapists, Nurses, Social Workers and any other interested professional

## FEE

No charge to attend

Registration Deadline: February 16, 2024 9am

To register, visit [www.scahec.net/learn/peedee/cpd](http://www.scahec.net/learn/peedee/cpd) or scan the QR Code.

For questions, contact Pee Dee AHEC  
at 843-777-5343.



## Continuing Professional Development Credit

**AHEC:** This program is approved for 0.15 CEU's (1.5 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of each class and complete a series evaluation in order to receive a certificate of attendance.

**Counselors and Therapists:** This program is approved for 1.5 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

**Nursing:** Pee Dee Area Health Education Center is approved as a provider of nursing continuing professional development by South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This nursing professional development awards 1.5 contact hours upon successful completion.

**Social Workers:** Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 1.5 hours of non-degree social work credit.

## INSTRUCTOR

Laura Hilb, MPH, MSN, FNP

Here and Now Mindfulness, LLC

Qualified MBSR Teacher Status granted by the  
Center for Mindfulness at the University of Massachusetts



Building and Supporting the Healthcare Workforce South Carolina Needs

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