

Experience ZEN as a Lifestyle, a Path Towards Mindful SelfCare

Friday, November 20, 2026

9:00am - 1:15pm

McLeod Medical Plaza - 1st Floor Small Classroom
800 E. Cheves Street Florence, SC 29506

Speaker

Jill White-Huffman, MS, MFT,
LCMHC, LMBT

Practicing mindful self-care through Zen involves paying attention to the small details in our lives. This approach combines mindfulness awareness with a deep commitment to self-care. It teaches us how to elevate our true selves through Zen and sustain that growth through mindful self-care. Zen provides the framework, while mindful self-care functions as the ongoing maintenance. During our time together, Jill will equip you with practical tools and exercises to practice independently and with other participants throughout the course, along with easy-to-understand meditation, mindfulness, and mindful breathwork and stretching exercises. Achieving this requires daily mental training through practicing home self-care routines, much like creating a fitness plan for your body. Join us in exploring a healthier you by focusing on your well-being, which may help reduce stress and prevent burnout.

FEE

Consortium Member: \$50

Non-Consortium Member: \$100

Registration Deadline: November 19, 2026

TARGET AUDIENCE

Counselors/Therapists
Social Workers

[REGISTER HERE](#)



Contact Us



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Pee Dee AHEC
Area Health Education Center