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Continuing Nursing Education
100 Saint Anselm Drive
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CONTINUING NURSING EDUCATION



Saint Anselm College is an approved provider of nursing continuing professional development by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation

Register by:

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Continuing Nursing Education
100 Saint Anselm Drive #1745
Manchester, NH 03102-1310

Fax: 603-641-7089
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ONLINE: www.anselm.edu/cne
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Getting to Calm: The Art and Science of Mindfulness Meditation

Friday, October 9, 2020

8:30 am – 3:00 pm

Gadbois Hall, Saint Anselm College

Contact Hours: 5 Fee: \$109

Faculty: Katherine McHugh, MA

Founder, Executive Director, AWAKEN Wellness Resources, Wellesley, MA

Participants will discover stress reduction tools that actually work, proven practices that are readily available to avoid and alleviate well-known feelings of “too much.” Spend your time wisely, training your brain and giving yourself the gift of your own presence. Wear comfortable clothes for this interactive workshop/retreat.

[Register online](http://www.anselm.edu/cne)

Mindfulness Meditation

Friday, October 9, 2020

NAME (please print clearly, or type) _____

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