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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*

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**Mail:** Saint Anselm College  
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100 Saint Anselm Drive #1745  
Manchester, NH 03102-1310

**Fax:** 603-641-7089  
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**ONLINE:** [www.anselm.edu/cne](http://www.anselm.edu/cne)  
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## *Getting to Calm: The Art and Science of Mindfulness Meditation*

**Friday, March 20, 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, March 20, 2020**

NAME (please print clearly, or type) \_\_\_\_\_

CREDENTIALS \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

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