

Stress Reduction & the Mindful Brain: Practical Tools for Providers & Caregivers

2-hour workshop taught by Jerry Braza, PhD
Monday, September 19, 5:30-7:30pm
Homer Council on the Arts, 355 W. Pioneer Avenue.
Food provided. Event by Donation.

This workshop will cover:

- Mindful coping tools
- Stress and its impact on the brain
- The anatomy of the present moment

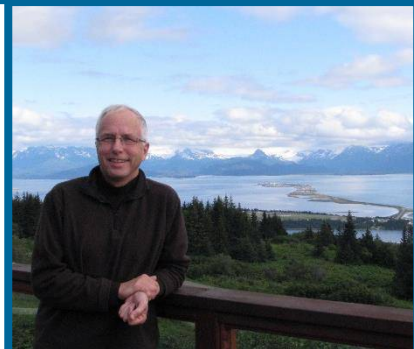


Who should attend?

- Family caregivers
- Professional care providers
- Front desk, reception, & customer service reps
- Healthcare workers
- Volunteer caregivers

We are pleased and excited to welcome presenter Jerry Braza, PhD

Jerry has been a leading voice in the field of health education and mindfulness. As a former university professor and author of two books on mindfulness, he brings a variety of practical experience from his work with behavioral health groups, health care organizations and non-profits.



Mindfulness is the quality of being aware of what is happening while it is happening, without judgment. See for yourself its beneficial, wholesome impact on physical, emotional, mental, and spiritual wellbeing.

Co-Sponsored by AaNA and South Peninsula Hospital



**Nurses earn 2 CNE credit hours through the
AaNA by attending this workshop.**



Alaska Nurses Association is an approved provider of continuing nursing education by Montana Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.