

Preventing Compassion Fatigue: Mindfulness Practices for Caregivers - RSVP

*****Open to health care professionals as well. *****



Ellen C Ranney, PhD, LMFT uses mindfulness practices in her work with trauma survivors, their families, and her own recovery from Breast Cancer. Mindfulness practices have been applied worldwide to increase health, wellbeing, and spirituality, and studied in depth for their beneficial influence on immune function, emotional dysfunction, relationships, and recovery from physical and emotional trauma. Mindfulness practices also contribute to increased self-knowledge and self-expression. This series combines theory and practice to teach basic mindfulness and explore a range of benefits.

*Details of each session can be picked up at the reception desk after April 2nd.

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**When: NEW DATES! Saturday 6/20 and Saturday 7/18 from 10:00AM – 1:00PM
Monday, 8/10 from 5:30 – 8:30PM**

**Where: The Wellness Community, 1058 Old Des Peres Road, St. Louis, MO 63131
Please **RSVP to The Wellness Community at 314-238-2000**
or register online at www.wellnesscommunitystl.org**