



Professional Development Program

Mindfulness Practices to Ease Postpartum Stress

Friday, November 16, 2018 – 6 CEUs

Preferred registration deadline: November 9th

8:30 a.m. - 3:30 p.m.

Mindfulness-based practices have been shown to be effective at helping clients reduce stress, anxiety and depression. Join us for this interactive workshop to learn how these mindfulness practices can be specifically applied to postpartum women.

We will discuss postpartum adjustment and review perinatal mood and anxiety disorders. Mindfulness techniques will be presented and then practiced within the workshop setting. Class content includes the C.A.L.M. Mom program.

With the interactive nature of this workshop, we recommend that you bring a yoga/exercise mat or beach towel with you for a group exercise.

Diane Sanford, PhD

*Owner & Health Provider,
Midwest Mind Body Health Center*

\$100 General Admission | \$60 Discounted Admission
\$20 Washington University Full-Time Graduate Students

To learn more and register, visit <http://bit.ly/2y1zWPw>