



Upcoming Webinar: Mindfulness Practices Made Easy

October 5, 2020 @ 12 PM MT/ 2 PM ET

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In this webinar you will learn about the powerful benefits of practicing mindfulness and how it changes your life inside and out. Learn some effective and simple practices that can be done for a few minutes - or longer - each day.

Presented by Lisa Butcher, MACP, RCC, BPEH, RT

Lisa has 15 years of acute care hospital experience working in both Ontario and British Columbia in Labour and Delivery, Case Room, Intensive Care, and the Emergency Department. In addition to being a Registered Clinical Counsellor she is also a Respiratory Therapist. This diverse background in treating both mental health and physical struggles drives her interest in treating PTSD, Compassion Fatigue, and Trauma in police, paramedics and front line healthcare workers.

To register please follow the link below

<https://attendee.gotowebinar.com/register/8883795970633112332>

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