**MindCAN Session**

**Cohort 4: December 2022 – January 2023**

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|  | Topic | Date | Time | Venue |
| **1** | **The World of Mindfulness** | 3 December 2022 | 12:00 – 1:30 pm | Nursing Conference Room  MD11 #02-01  OR  Zoom session |
| **2** | **Mindful management of your stress** | 10 December 2022 |
| **3** | **The Field of Awareness:  Mindful body sensations** | 17 December 2022 |
| **4** | **Mindful emotions:  Calmness and composure** | 24 December 2022 |
| **5** | **The powerful mind:  Mindful management of thoughts** | 7 January 2023 |
| **6** | **Mindful communications** | 14 January 2023 |
| **7** | **Loving kindness/compassion** | 21 January 2023 |
| **8** | **Mindful living: Building your mindful life style** | 28 January 2023 |

The venue and the time can set based on participants’ availability.

**Palouse Mindfulness Session**

**Cohort 4: December 2022 – January 2023**

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|  | Topic | Date | Time | Venue |
| **1** | **Simple awareness** | 3 December 2022 | 10:00 – 11:30 am | Nursing Conference Room  MD11 #02-01  OR  Zoom session |
| **2** | **Attention & the brain** | 10 December 2022 |
| **3** | **Dealing with thoughts** | 17 December 2022 |
| **4** | **Stress: Responding & Reacting** | 24 December 2022 |
| **5** | **Dealing with difficult emotions or physical pain** | 7 January 2023 |
| **6** | **Mindfulness and communication** | 14 January 2023 |
| **7** | **Mindfulness and compassion** | 21 January 2023 |
| **8** | **Conclusion** | 28 January 2023 |

The venue and the time can set based on participants’ availability.