



[www.nursenavigators4integrativehealing.org](http://www.nursenavigators4integrativehealing.org)

**Registration form: Mindfulness Based Self Care (MBSC)©**

Eight Group Sessions -- \$95

Tuesdays 6 - 7:30 PM

(February 23, March 1, 8, 15, 22, 29, April 5 & 12)

Physicians Care - 805 Montague Avenue

Name: \_\_\_\_\_ Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Payment Options: \$95 (includes instruction, materials, and light snack)**

I am enclosing a check for \$ \_\_\_\_\_ payable to: NURSE NAVIGATORS, LLC

Please charge my: VISA\_\_\_\_\_ Master Card\_\_\_\_\_ American Express\_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-4 digit sec. code \_\_\_\_\_

*Mail this form with your check or credit card information to:*

[barbara@nursenavigators4integrativehealing.org](mailto:barbara@nursenavigators4integrativehealing.org)

**Or to:** Nurse Navigators, LLC  
754 Eagles Harbor Drive  
Hodges, SC 29653

Questions? Call **Barbara Warner** at **678-427-1404**