

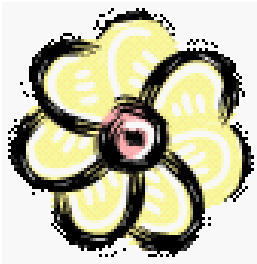


Monroe County Medical Society Presents
 Survival Series–Mindfulness & The Medical Office
 Presenter: Michael Krasner MD

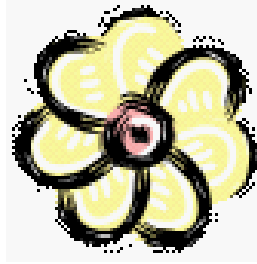
In this experiential workshop, participants will explore ways to manage the increasing challenges and stress of the modern medical office through mindfulness. The cultivation of moment to moment nonjudgmental awareness may provide relief for the seemingly overwhelming and unending challenges of medical practice.

Through guided self-reflection, interactive dialogues, and body-centered movement practices, participants will begin to separate the cognitive, emotional, and somatic components of stress. By doing so, the building of resources and expanding of perceptions of the stress experience will provide a greater sense of resiliency, adaptive capacity, and meaning, to those who work in the office-based delivery of health care.

Michael Krasner MD, is a primary care internist who has been facilitating and studying Mindfulness-Based Stress Reduction for patients, medical students, and health professionals in Rochester for the past nine years.



Date: Wednesday, September 8, 2010
 Location: Monroe County Medical Society
 The Park at Allens Creek
 132 Allens Creek Road
 Rochester, NY 14618
 Time: 8:30 am - 10:30 am



Registration Form- Mindfulness & The Medical Office (9-8-10)

Name(s): _____
 Practice Name: _____
 Address: _____ City: _____ Zip: _____
 Phone Number: _____ Fax Number: _____
 E-mail: _____

SESSION COST FOR ALL MCMS & 7th DISTRICT MEMBERS: \$20.00 per office (unlimited office staff)

SESSION COST FOR NON MEMBERS: \$40.00 per office (unlimited office staff)

Retired MCMS physicians may attend at no charge

_____ Payment of \$ _____ is enclosed. (Checks should be made payable to “MCMS”)
 _____ Please bill my credit card my (check one) MasterCard Visa Amount: \$ _____
 Name (as it appears on card): _____
 Card Number: _____ Exp. Date: _____
 Signature: _____

**Please mail completed form:
 MCMS, The Park at Allens Creek, 132 Allens Creek Road, Rochester, NY, 14618
 or fax to (585) 473-7641 - Attn: Ginny**