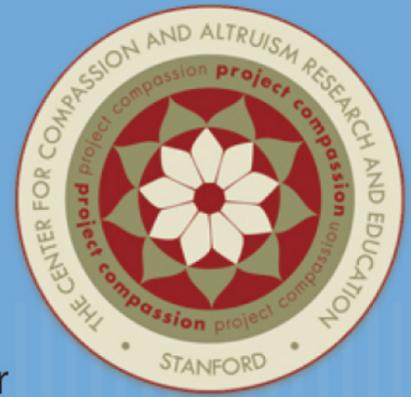


Cultivate compassion for yourself and others through Stanford University's Compassion Cultivation Training Course



Presenter:
Ms. Sara J. Schairer
Stanford-certified CCT instructor

Created through a collaboration
of Stanford University and the Dalai Lama



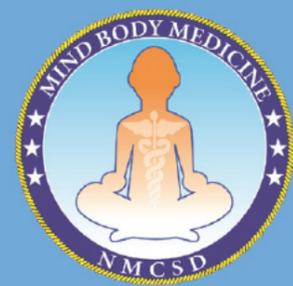
In this course, participants will learn how to:

- Increase kindness and compassion for themselves and others
- Develop profound levels of serenity, resilience, and creativity
- Calm the mind and direct thoughts more positively
- Sharpen their ability to focus and pay attention
- Access a variety of self-care skills and techniques

16 CME credits offered
Registration is **REQUIRED** (max 20)
Course meets weekly for 8 weeks

Wednesdays 1630-1830: March 2 - April 20 @ Location TBD

To register contact:
HM3 Hayley Westenbroek
hailey.m.westenbroek.mil@mail.mil



compassion it.®

