certifies that

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

participated in the live activity entitled

Mind Full or Mindful? An Overview of Mindfulness

January 11, 2023

I participated in 1.0 hours.

This live activity was designated for a maximum of 1.0 *AMA PRA*

 *Category 1 CreditsTM*

*In support of improving patient care, University of Arkansas for Medical Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.*

A transcript of all participation in UAMS accredited CE activities, is available from the Office of Continuing Education website 24/7. To obtain a transcript go to <https://uams.cloud-cme.com>. Transcripts for this activity will be available 6-8 weeks after the activity.

*Please direct questions to:*

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