certifies that

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

participated in the live activity entitled

Mind Full or Mindful? An Overview of Mindfulness

January 11, 2023

and is awarded 1.0 ANCC Contact Hours

The UAMS Office of Continuing Education designates this live activity for a maximum of 1.0 ANCC Contact Hours*.* Nurses should claim only the credit commensurate with the extent of their participation in the activity.

*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:*

*UAMS Office of Continuing Education, 4301 W Markham #525, Little Rock, AR 72205*

*Phone: 501-661-7962 or fax: 501-661-7968* [*http://ce.uams.edu/*](http://ce.uams.edu/)

