

LUNCH & LEARN EVENT

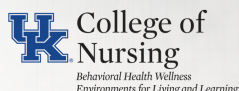
# STOPPING SMOKING MINDFULLY

BH WELL will host a free lunch and learn webinar presenting *Stopping Smoking Mindfully*, a training course on how to use mindfulness techniques to assist patients and clients who would like to stop smoking, followed by a facilitated discussion.

**This webinar is approved for 1 CE through the Kentucky Board of Nursing (#4-0700-12-24-807) and through the Kentucky Board of Social Work (#202341).**

There are three primary learning outcomes for this training:

1. Describe factors associated with tobacco use dependence among persons living with mental and behavioral health challenges.
2. Describe evidence-based mindfulness treatment approaches when providing tobacco dependence services to persons living with mental and behavioral health challenges.
3. Implement mindfulness activities and resources to enhance tobacco treatment for those living with mental and behavioral health challenges.



FEB 26, 2025  
12:00 – 1:00 PM

<https://tinyurl.com/SSMindfully>

