

# THE NEXT STEPS ON YOUR PATH TO MINDFULNESS

---

November 12, 2020\*

9:00am — 11:30am

Zoom Livestream

*Participants will receive a Zoom  
invite after registering*

Register Today @  
[www.NWPkp.org](http://www.NWPkp.org)

\*This class is for those who have completed  
"Embracing Your Path To Mindfulness"

**Accreditation:** The Northwest Permanente, PC, Department of Continuing Medical Education & Professional Development (NWP CME & Professional Development) is accredited by the Oregon Medical Association to provide continuing medical education for physicians.

**Credit Designation:** NWP CME & Professional Development designates this live CME activity for a maximum of 3.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure Statement:** All individuals with influence over the educational content of this CME activity have disclosed they have no financial relationships with manufacturers of pharmaceuticals, medical devices, or any other commercial medical products or services.

**PERMANENTE MEDICINE**  
**Northwest Permanente**

