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Target Audience: Nurses, Pharmacists, Dietitians, Social Workers, Mental Health Professionals, Occupational Therapists, Physical Therapists, and allied Health Professionals. *Please refer to the table below for the organizations that have approved the Institute for Natural Resources as a sponsor of continuing education.*

Level of instruction: Intermediate

ACCREDITATIONS

Professional Groups	Accrediting Organizations
Registered Nurses, Licensed Practical Nurses, & Licensed Vocational Nurses Expiration Date ANCC - 9/30/2026 CA Board of Nursing - 02/28/2027	Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. California Board of Registered Nursing (#CEP06136); Illinois Board of Nursing (#236-000045); Iowa Board of Nursing (#288); Florida Board of Nursing (#FBN2139); Kansas Board of Nursing (#LT0140-0927)
Dentists, Dental Hygienists, & Registered Dental Assistants Expiration Date Dental Board of CA - 01/31/2028	INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 6 hours of continuing education credits. INR is approved by the Dental Board of California (#2089).
Pharmacists Expiration Date 04/01/2026	The Institute for Natural Resources (INR) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-23-025-H04-P. This is a knowledge-based CPE activity. [Release date: 4/01/2023] To obtain the 6 hours of credit (0.6 CEU) associated with this course, the pharmacist will need to complete and submit the following forms: <ol style="list-style-type: none"> 1) Program evaluation form 2) Post-Test (70% passing score) 3) Registration form
 Registered Dietitians (RDs), Dietetic Technicians, Registered (DTRs)	CDR accepts enduring activities from CPE providers accredited by CDR-approved organizations accredited by ACPE (Accreditation Council for Pharmacy Education) and ANCC (American Nurses Credentialing Center). Enduring CPE is a self-paced activity that endures over a specified time and includes methods for providing informal feedback or formal feedback and assessment to the learner or learners. Activity Type 742: CPEU Eligible Enduring
Occupational Therapists & Occupational Therapy Assistants (OTs, OTAs) Expiration Date 10/01/2026	INR is an AOTA Approved Provider of continuing education, Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.
Social Workers Expiration Date ASWB - 02/28/2028	Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2025–02/28/2028. Social workers completing this course receive 6 clinical continuing education credits. Release Date: 4/01/2023
 Psychologists	The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Under CE Broker #50-3026, INR is an approved provider by the Florida Board of Psychology. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs.

You may wish to check with your own licensing board to determine whether the accreditations listed are acceptable to your board.

INR HOME-STUDY COURSE #3470

“MINDFULNESS & STRESS REDUCTION”

CONTINUING EDUCATION CREDIT: 6 CONTACT HOURS

To receive credit for this course, you must:

- 1) Complete the Examination and achieve a passing score of 85% (Social workers need a passing score of 80%).
- 2) Clearly fill out: ① **Answer Sheet** and ② **Evaluation**, and ③ **Registration Form**.
- 3) Mail the Answer Sheet, Evaluation, and Registration Form to:
INR
P.O. Box 5757
Concord, CA 94524-0757

Only the original Examination, Evaluation forms can be accepted without additional fee. Photocopies are accepted only if accompanied by the appropriate processing fee. The fee to process photocopies of tests is \$45 for U.S. or Canadian residents. *Please note that credit will not be issued for photocopies submitted without payment.*

Three-day turn-around: Within three business days of the receipt of your Examination and Evaluation, INR will send you a certificate verifying your completion of the course.

Submission Deadline: INR recommends that you submit the materials at your earliest convenience and by the *expiration date* noted for each profession.

Refund Policy: Refunds are given for all unopened home-study packages that are returned in good condition within one year of the date of purchase. If a package has been opened, an exchange can be made, but no refunds will be issued.

ADA Policy: For American Disability Act (ADA) accommodations or for our grievance policy, please send the written request by email to: info@inrseminars.com.

If you have any questions about deadlines, or questions about a home-study course, please contact INR at 1-800-229-4997 or info@inrseminars.com. You can also visit our website at www.inrseminars.com. *Thank you!*

ABOUT THE AUTHOR

KENT HOWARD is an internationally known writer, educator, and instructor of traditional Asian health maintenance practices including tai chi, qigong, Taoist yoga, meditation, and mindfulness stress reduction. He has taught in three universities and was an instructor and board member at the former National College of Oriental Medicine. He is the author of several books and videos and has taught tai chi and mindfulness on a cable network. Mr. Howard spent 12 years living in Taiwan where he researched Chinese traditional medicine, philosophy, martial arts, and contemplative practices. He also teaches workshops in crisis intervention and is a master instructor of Nonviolent Self-Defense.



Every instructor is either a compensated employee or independent contractor of INR.