**Mindful Meanders – MBSR Registration Form**

Please return this form and the pre-course reflections to Olga Levitt

with £75 deposit to secure a place. Balance of £200 by 30 September 2016.

**NAME:**

**ADDRESS:**

**TEL: HOME:**

**MOBILE:**

**E-MAIL:**

**DATE OF BIRTH:**

**MARITAL STATUS:**

**OCCUPATION and PLACE OF WORK:**

**GP NAME AND TELEPHONE:**

**EMERGENCY CONTACT NAME AND TELEPHONE:**

Do you have any physical illness or limitation that might make sitting or moving/exercising difficult for you?

Have you had any ill health or depression or anxiety within the last few years?

Are you taking any medication at present and if so please say what it is for?

Have you had any significant life events over the last two years?

Eg: bereavement, job change, house move, family issue?

Is there anything else you would like me to know about you?

*The information you give is strictly confidential.*