Date

Full Name
Via email to: email address

Dear First Name:

Re: Confirmation of Enrolment -
Online Mindfulness-Based Chronic Pain Management Program (MBCPM™)

Welcome to the Program! I am confirming your enrolment in insert name of facilitator online 13-week MBCPM™ Program scheduled from start date to end date 2022**.** The Program will run insert day of the week from insert beginning and end time of class. The cost of the Program is covered by OHIP for Ontario residents. There is a fee for the textbook and meditation downloads (the Program materials).

MBCPM™ Program Participant Checklist

- ☑ Please complete and sent back the attached Registration and History forms in full, returning them to me at insert administrative email no later than insert date – thank you.
- ☑ There is a charge for Program materials *(if financially challenged, please feel free to discuss payment options with us).* The audio meditation downloads and Textbook are an integral part of the benefits of mindfulness meditation set out in the Program:
  1. Purchase MBCPM™ eBook (Textbook) and Meditation Downloads OR
  2. Purchase The Mindfulness Solution to Pain - Signed Copy (Textbook) or buy a paperback copy through an online retailer (Amazon, Chapters) and separate Meditation Downloads
- ☑ The online Program is via Zoom. Stable internet is essential. Being close to your modem is helpful and stability can be improved by limiting internet use by other members of your household during class time. You will need audio function, at minimum, and video function is highly recommended.
- ☑ On the day before Class 1 you will be emailed a confidential link to join the Zoom session. The link will be the same to attend each weekly class, so please keep the link. Reminders will be sent out weekly for convenience.
- ☑ Please consider your viewing environment in advance of the Program. Ensuring privacy, without others visible or in earshot of your device, creates an online learning space that is as confidential as possible for all participants. Headphones are recommended if necessary.

If you have any questions or concerns, please contact me at any time! Facilitator's name and I are looking forward to seeing you on Zoom.

Mindfully,

Insert name of administrative person (if applicable)
Administrative Support for
Name of facilitator, MBCPM™ Facilitator
Title of facilitator

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