



Certificate no: UC-9a0946fa-9b50-4ca1-9d8f-67382710fecb

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Reference Number: 0004

CERTIFICATE OF COMPLETION

Mindfulness for Anxiety and Sleep - with Tara Brach

Instructors **Tara Brach, Ph.D.**

Candida Rodriguez

Date **Jan. 5, 2023**

Length **3 total hours**