| Mindfulness Training |  |  | Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 | WS 1 | WS 2 | WS 3 |
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| Name (Last, First) | Position | Email | $\begin{aligned} & \text { Pre-test } \\ & \text { sent } \end{aligned}$ | Pre-test <br> completed | $\begin{array}{\|l} \hline \begin{array}{l} \text { Post-test } \\ \text { sent } \end{array} \\ \hline \end{array}$ | Post-test completed | $\begin{array}{\|l\|} \hline \# \text { of sessions } \\ \text { attended } \end{array}$ | Follow-up sent | Follow-up completed | $\#$ of WS's attended |
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