

Duke Women’s Cancer Care Raleigh Experiencing Mindfulness Drop-In Guide

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Landing Page

Go to: <https://dukeintegrativemedicine.org/programs-training/public/experiencing-mindfulness-dwccr/>

Click on the orange “Register Now” button to proceed to the Registration Page

Duke Integrative Medicine

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Experiencing Mindfulness for Duke Women's Cancer Care Raleigh Patients and Their Caregivers

Join us for a weekly “taste” of mindfulness. No previous meditation experience is necessary, new participants will learn meditation practices with instructor guidance or experienced meditators can join us in deepening their daily practice in a community environment. Topics and instructors for each session vary.

Online Drop-In

Date and Time

- Thursdays (noon-1 pm)

Location: Zoom

Registration is available for the next week's session upon conclusion of this week's session, until 15 minutes prior to the session start time. Zoom connection information will be available immediately upon registration, located on the My Courses page of your learning center account.

Cancellation is available until 15 minutes prior to the start time. If you know you are unable to attend a session you have registered for, please submit a cancellation request so that we may offer your seat to someone else.

Please plan to join the session link 5-10 minutes early. Sessions are not recorded.

Instructors

- Maya McNeilly
- Riitta H Rutanen Whaley

Accommodations Statement

Persons with disabilities who anticipate needing accommodations or who have questions about physical access should [contact us](#) in advance of the program.

PROGRAM INFORMATION

NAME
Experiencing Mindfulness for Duke Women's Cancer Care Raleigh Patients and Their Caregivers

COST
Free

SCHEDULE
Weekly

UPCOMING DATES
Online Offerings Begin XX/XX

LOCATION
Zoom

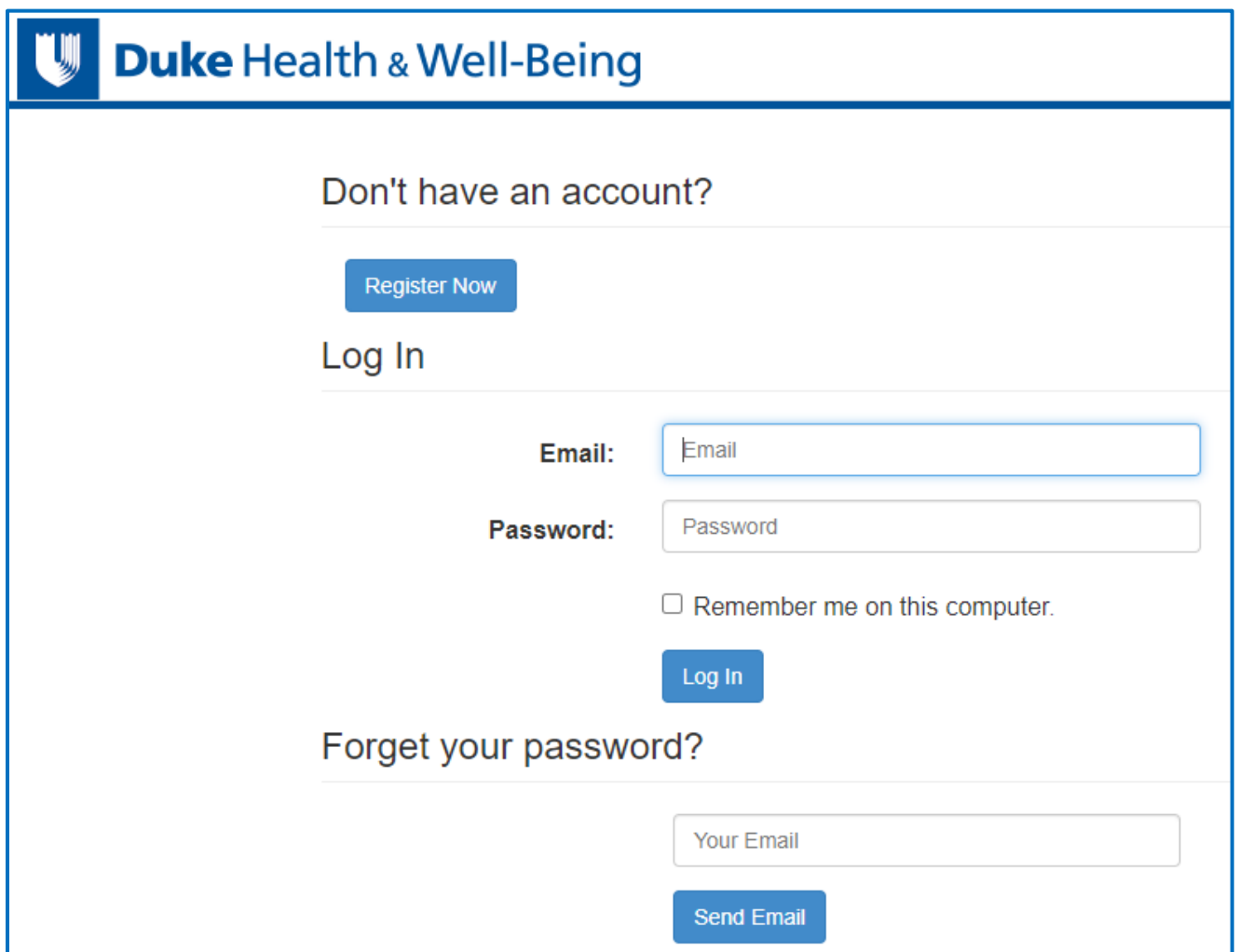
REGISTER NOW


Registration Page

Go to: <https://dukeintegrativemedicine.org/programs-training/public/experiencing-mindfulness-dwccr/>

Click on the orange “Register Now” button

Click on the “Register Now” button to create an account. (If you have previously taken a program or class at Duke Health & Well-Being, login with your existing email and password.)



 **Duke Health & Well-Being**

Don't have an account?

[Register Now](#)

Log In

Email:

Password:

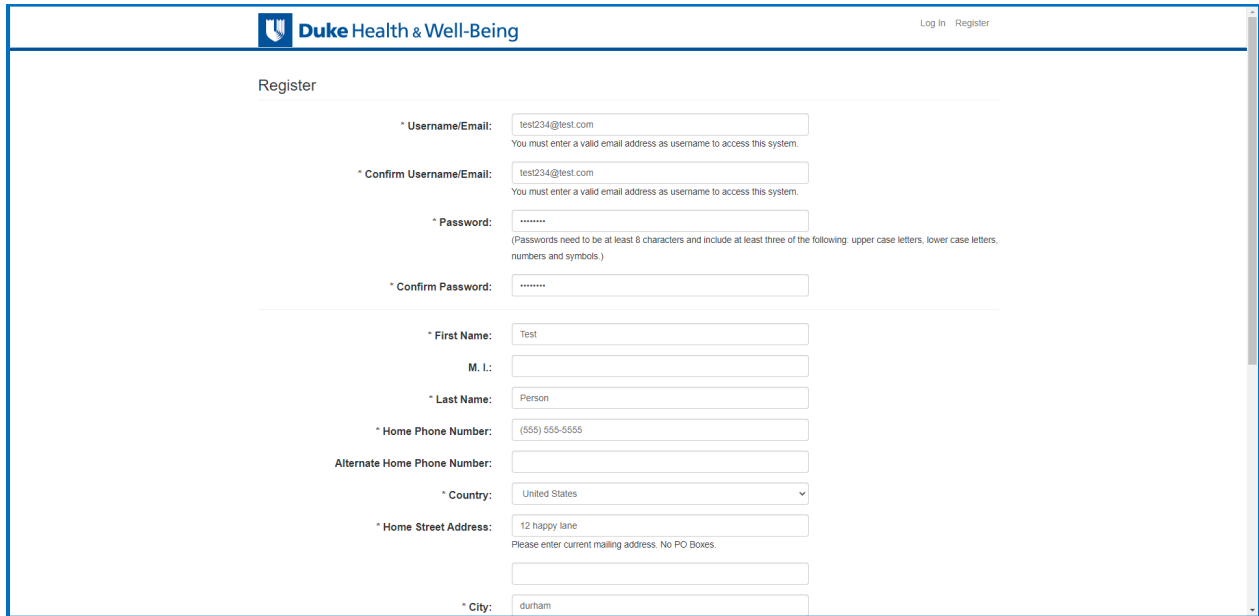
Remember me on this computer.

[Log In](#)

Forget your password?

[Send Email](#)

Fill out the fields on the Register page



Register

*** Username/Email:** tes234@test.com
You must enter a valid email address as username to access this system.

*** Confirm Username/Email:** tes234@test.com
You must enter a valid email address as username to access this system.

*** Password:** [masked]
(Passwords need to be at least 8 characters and include at least three of the following: upper case letters, lower case letters, numbers and symbols.)

*** Confirm Password:** [masked]

*** First Name:** Test

M. I.: [empty]

*** Last Name:** Person

*** Home Phone Number:** (555) 555-5555

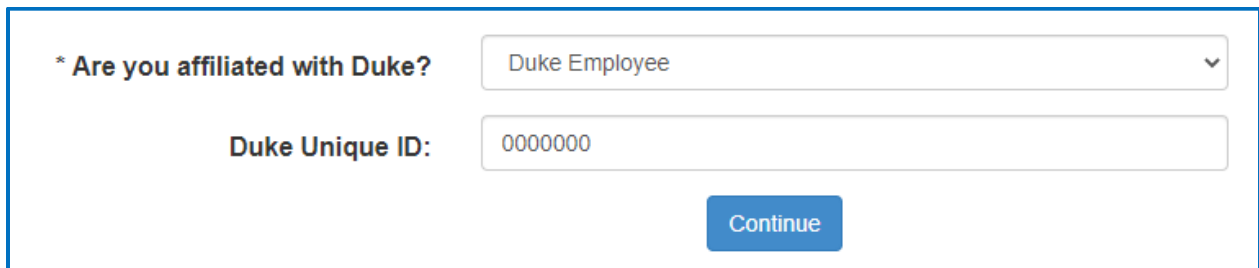
Alternate Home Phone Number: [empty]

*** Country:** United States

*** Home Street Address:** 12 happy lane
Please enter current mailing address. No PO Boxes.

*** City:** durham

At the bottom of the page, make sure to fill out the “Are you affiliated with Duke?” field.




*** Are you affiliated with Duke?** Duke Employee

Duke Unique ID: 0000000

Continue

Private Catalog Password Page

After registering for the system, you will be redirected to a password protected catalog of classes. Input the catalog password and click the submit button. Once you have input the password, you will be redirected to the shopping cart to purchase this class.


Duke Health & Well-Being
My Courses Test Person ▾

Duke Women's Cancer Care Raleigh


A password is required to access this page. Please enter the password that was provided to you and click **Submit**.

[Payment & Discount Policies](#) |
 [Cancellation Policy & Request Form](#) |
 [Technology Waiver](#) |
 [Privacy Policy](#) |
 [Hardware/Software Requirements](#)

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Online Shopping Cart

On the shopping cart page, select the radio button next to the drop-in class, then click on the “Add to Cart and Checkout” button.


Duke Health & Well-Being
My Courses Test Person ▾

Register for Drop-In Classes

Choose from the available drop-in classes below. If no sessions appear for purchase, no drop-in classes are offered today.

	Date/Time	Location	Price
Experiencing Mindfulness for DWCCR			
<input type="radio"/>	Thursday, December 17, 2020 ⌚ 12:00pm to 1:00pm EST Starts in 9 days	Zoom Meeting	\$ 0.00

or

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 [Cancellation Policy & Request Form](#) |
 [Technology Waiver](#) |
 [Privacy Policy](#) |
 [Hardware/Software Requirements](#)

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A pop-up will appear for you to select how you heard about the program. Please select the best answer and click the submit button.

How did you hear about this program?

- Internet Search
- Advertisement (online or print)
- Brochure/Flyer
- Facebook
- Duke IM blog
- Referred by colleague/employer/friend
- Email
- Other

[Submit](#)

On the following page, you will see that the drop-in class has been added to your shopping cart. Please review the Cancellation and Refund Policy and the Technology Waiver and check the box to indicate that you have reviewed these policies.


Duke Health & Well-Being
My Courses Test Person ▾

The item has been added to your cart. ✕

Shopping Cart

	Item Name	Price	Discount	Total
Delete	Experiencing Mindfulness for DWCCR <i>Thursday 12/17/2020</i> Date: <i>Thursday, December 17 2020</i> Time: <i>12:00pm to 1:00pm EST</i>	\$ 0.00	\$ 0.00	\$ 0.00
			Subtotal:	\$ 0.00
			Total:	\$ 0.00

Coupon Code

[Apply Coupon](#)

Check here to indicate that you have read and agree to the terms of the [Cancellation and Refund Policy](#) and [Technology Waiver](#).

[Continue](#)


[Payment & Discount Policies](#) | [Cancellation Policy & Request Form](#) | [Technology Waiver](#) | [Privacy Policy](#) | [Hardware/Software Requirements](#)
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Click on the Continue button to finish the checkout process.

Billing Information Page

Fill out the Billing Information page with your current billing address (work or home).

Please note: The system needs a billing address on file even for free items. You will not be asked to input payment information.

 Duke Health & Well-Being My Courses Test Person ▾


Billing Information

Please enter the **billing address of your credit card**. When finished, click the "Continue" button and your price will be updated.

* First/Last Name:	<input type="text" value="Test Person"/>
Company:	<input type="text"/>
* Country	<input style="border-bottom: 1px solid #ccc;" type="text" value="United States"/>
* Address:	<input type="text" value="12 Happy Lane"/>
Address 2:	<input type="text"/>
* City:	<input type="text" value="Durham"/>
* State:	<input style="border-bottom: 1px solid #ccc;" type="text" value="North Carolina"/>
* Postal Code	<input type="text" value="27712"/>

Payment Information Page

On the payment information page, you are able to review your purchase one more time before completing your purchase and registration. To confirm registration, click on the “Continue” button at the bottom of this page.


Duke Health & Well-Being
My Courses Test Person ▾

Payment Information

Billing information has been saved. Continue to enter payment information.

Billing Address [\(edit\)](#)
 Test Person
 12 Happy Lane
 Durham, NC 27712
 United States

Your order number is: INVHj9KuTJQ

Cart Contents (edit)			
Item Name	Price	Discount	Payment Total
Experiencing Mindfulness for DWCCR <i>Thursday 12/17/2020</i> <i>Date: Thursday, December 17 2020</i> <i>Time: 12:00pm to 1:00pm EST</i>	\$ 0.00	\$ 0.00	\$ 0.00
Subtotal:			\$ 0.00
Total:			\$ 0.00

Continue

[Payment & Discount Policies](#) | [Cancellation Policy & Request Form](#) | [Technology Waiver](#) | [Privacy Policy](#) | [Hardware/Software Requirements](#)

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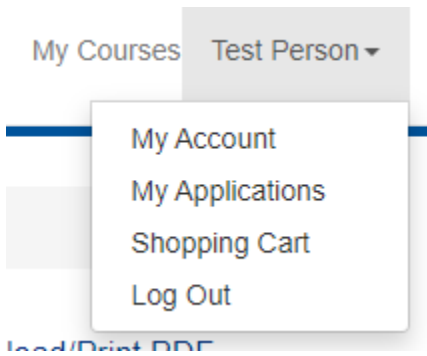
Once you click the Continue button, you will be redirected to the My Receipts page of your account and you will see a copy of the invoice.

My Account Page

To access your account profile, click on your name at the top of the page and a drop-down menu will appear.



Click on “My Account” to access your profile, your receipts, or to change your password.



My Courses Page

To access your courses, click on “My Courses” at the top of the page.



On the My Courses page, you will see all the courses you have registered for. On the day of your drop-in class, you will go to the My Courses page to click on the “Launch Meeting” button

Drop-In Classes			
Title	Registered	Start Date/Time	Location
Experiencing Mindfulness for DWCCR	12/08/2020	Thursday, December 17, 2020 ⌚ 12:00pm to 1:00pm EST	Launch Meeting