LEARN HOW TO HARNESS YOUR INTERNAL CAPACITY FOR HEALING AND RENEWAL

Your mind and body are inseparable. Wellness in one improves the other.

**Target Population:** Anyone who receives care at NMCSD Internal Medicine whose level of stress is impairing health and function.

**Dates:**
Thursdays, 1300-1500

1. Jan 5 - Feb 16 (Qi Gong: Jan 26; Yoga: Feb 2)
2. Mar 2 - Apr 13 (Qi Gong: Mar 23; Yoga: Mar 30)
3. May 4 - Jun 15 (Qi Gong: May 25; Yoga: Jun 1)
4. Jul 6 – Aug 17 (Qi Gong: Jul 27; Yoga: Aug 3)
5. Sep 7 – Oct 19 (Qi Gong: Sep 28; Yoga: Oct 5)

**Location:**
Coumadin Clinic Conference Room
Internal Medicine Clinic

**Referral Process/Further Questions:**
You or your healthcare provider should contact:

Stamata Daroglou, PhD
Integrated Behavioral Health Consultant

[stamatia.daroglou.ctr@mail.mil](mailto:stamatia.daroglou.ctr@mail.mil)