

# INTERNAL MEDICINE MIND BODY MEDICINE For Stress Resilience 2019

**LEARN HOW TO HARNESS YOUR INTERNAL CAPACITY FOR HEALING  
AND RENEWAL**

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



***In this open collaborative group, you will:***

- Learn multiple proven beneficial meditative techniques that can be practiced anywhere
- Learn skills to manage stress and promote a healthy outlook with a sense of purpose for the future
- Develop healthy living practices including restful sleep
- Appreciate the power and importance of interpersonal connections on your health

**Target Population:** Open to anyone who receives care at NMCS D Internal Medicine whose level of stress is impairing health and function. No referral necessary.

**Dates:**  
**Ongoing/ Weekly (Walk-in Group)**  
**Thursdays 1415-1500**

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

**For Logistical Questions or Concerns-  
Please Contact:**

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