

MIND BODY MEDICINE

Drop-In Meditation Practice

INCORPORATE AND SUSTAIN A HEALTHY LIFESTYLE AND COGNITIVE HABITS THROUGH MEDITATION

Experience meditation practices for greater resilience from our staff Mindfulness expert, Dr. Genelle Weits. All groups are **45-60 minutes** long and available through provider referral or walk-in trial basis.



Referral Process: In AHLTA/CHCS order a consult to SD PSYCHIATRY ADULT. Clearly write “Referral for Mind Body Medicine Drop-In Meditation Practice with Dr. Weits” (include only one service per consult). Please also include: Referral reason, a reliable phone number, and email for participant. **Walk-in attendees please contact Dr. Weits prior to ensure class is meeting.**

Instructor: Dr. Genelle Weits

Phone/ Email: (619) 532-5666/ genelle.i.weits.civ@mail.mil

Mondays 1000 - 1100 in Bldg. 6, 1st Deck, DMH Large Conference Room



For further information please contact Mind Body Medicine at (619) 532-5128/ 6360