

# MIND BODY MEDICINE

## For New Mothers & Mothers-To-Be 2019

DEVELOP AND SUSTAIN HABITS FOR POSITIVE  
THOUGHTS, EMOTIONS AND HEALTH

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



**Target Population:** New and expectant mothers who are interested in increasing resiliency to stress.

**Dates:** Thursdays from **1300-1500** in Bldg. 3, 1<sup>st</sup> Floor, OB/GYN Conference Room

- Jan 10<sup>th</sup> - Feb 14<sup>th</sup>
- Mar 14<sup>th</sup> - Apr 18<sup>th</sup>
- May 23<sup>rd</sup> - June 27<sup>th</sup>
- Aug 1<sup>st</sup> - Sep 5<sup>th</sup>
- Oct 10<sup>th</sup> - Nov 14<sup>th</sup>

### *In six sessions, 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

**Referral Process:** Referrals should be made in AHLTA/CHCS by ordering a consult to "SD Social Work." Please include: "Refer to Mind Body Medicine for Mother's to Be Group," the estimated date of delivery and a reliable phone number for participant.

For further information please contact  
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### **Benefits of Mind Body Medicine during pregnancy include:**

- Decreased anger and irritability
- Higher birth weight of newborn
- Decreased labor complications

