MIND BODY MEDICINE
For Active Duty Females

DEVELOP AND SUSTAIN HABITS FOR POSITIVE THOUGHTS, EMOTIONS AND HEALTH

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

In seven 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

Target Population: Active Duty Females.

Dates: Thursdays from 0930-1130 in Bldg. 6, 3rd Floor, Conference Room

Jan 9th – Feb 20th
Mar 5th – Apr 16th
May 7th – Jun 18th
Jun 9th – Aug 20th
Sept 10th – Oct 22nd
Oct 29th – Dec 17th

Referral Process: Referrals should be made in AHLTA/CHCS by ordering a consult to “SD Psychiatry”. Please include: “Refer to Mind Body Medicine for AD Females”, and member’s phone number.

For further information please contact Dr. Genelle Weits, (619) 532-8866  
MBM office. (619) 532- 5128/6360