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

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

Benefits of Mind Body Medicine during pregnancy include:

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

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

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

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

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 Nicole Champagne, LCSW (619)532-5094
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