NMCSD MIND BODY MEDICINE
For Stress Resilience 2020

LEARN HOW TO HARNESS YOUR INTERNAL CAPACITY FOR HEALING AND RENEWAL

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

Target Population: Tricare beneficiaries who want to improve stress management.

Dates: Tuesdays from 0900-1100 or 1300-1500 in Bldg 6, 1st Deck, Large Conference Room

** Start dates offered throughout the year. Participants will be contacted by Mind Body Medicine to schedule a consultation before attending the group and will be offered the next available start date.**

Referral Process: In AHLTA/CHCS order a consult to SD PSYCHIATRY ADULT. Please include "Referral for Mind Body Medicine Stress Resilience Group" (include only one service per consult). Please also include: Referral reason, a reliable phone number, and email for participant.

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

For further information please contact
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