

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.

Target Population: Active Duty Females.

Dates: Thursdays from **0900-1100**
in Bldg. 1, 2nd Floor, Social Work Dept.

May 9 – June 13

Jul 11 – Aug 15

Sept 12 – Oct 17



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 AD Females”

For further information please contact
Blanca Skolota, LMFT (619)532-8866
Social Work Dept. (619)532-7150

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

