

# MIND BODY MEDICINE

## For Pain Management

2019

### 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 with chronic pain exacerbated by stress



**Dates:** Thursdays from 1015-1215 in Bldg. 6, 1st Deck, Large Conference Room

1. January 10 - February 21
2. February 28 - April 11<sup>th</sup>
3. April 18 - June 6
4. June 13 - August 1
5. August 8 - September 19
6. September 26 - November 14

**Referral Process:** In AHLTA/CHCS order a consult to SD PSYCHIATRY ADULT. Clearly write "**Referral for Mind Body Medicine Pain Management with Dr. Carter & Dr. Bertone**" (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

\*\*Participants will be contacted by Mind Body Medicine to schedule a consultation before attending the group.\*\*

For further information please contact:  
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