

Mind Body Medicine for Staff 2019

MINDFULNESS, BALANCE, RENEWAL

There is an inseparable connection between mind, body and spirit. Learn proven methods to increase resiliency to stress and promote health and wellness for a more joyful, effective and meaningful life.



In 7 sessions, you will:

- Learn skills to manage stress and promote a healthy outlook with a sense of purpose for the future.
- Learn multiple proven beneficial meditative techniques that you can practice anywhere.
- Develop healthy living practices including restful sleep.
- Improve communication and interpersonal effectiveness.

Target Population: Active Duty and GS employees at NMCS D and the surrounding local Naval Health Care facilities who are motivated to gain new skills to increase resilience in response to work related stress.

Dates/Location: Wednesdays from 1230-1330 Bldg. 3/3rd Deck Cardiology/ DMS Conference Room.

- Jan. 9 – Feb. 20
- Mar. 6 – Apr. 17
- May 1 – Jun. 12
- Aug. 7 – Sept. 18
- Oct. 2 – Nov. 13



Referral Process: Please contact the Social Work front desk (619) 532-7150 to sign up. This is a closed cohort with a max capacity of only 30 participants, so don't delay; seats will fill quickly.

For more info contact

Lisa Hess, LCSW
(619) 532-7150

E-mail: lisa.m.hess3.civ@mail.mil