

Mindful Medicine

Community Practice Group for Health Care Providers

Pausing ~ Practicing ~ Providing

A Way of Being



Creating space for connection and community.

Join us the **THIRD** Thursday of each month for guided practice and making mindfulness practice part of daily life. This is an **open group** for health care providers who have attended the Mindful Medicine Retreat, those wanting to investigate attending the retreat and, or integrate mindfulness into their lives. Focus will be on enhancing compassion, presence and resiliency.

January 18th, February 15thth, March 15thth, April 19th, 2018
Thursdays, 6:30 PM to 8:30 PM

Providence Portland Medical Center, 5050 NE Hoyt St., The Forrest Park Rm.

THE PLAZA BUILDING - BASEMENT

The Mindful Medicine Team
<http://mindfulmedicinepdx.org>

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