



# MINDFUL MEDICINE



Our mission is to build a healthier, more effective medical community by teaching mindfulness and compassionate communication skills.



**Community Practice Group  
for Healthcare Providers**  
**3rd Thursday of Each Month**  
6:30 - 8:30 pm

[www.mindfulmedicinepdx.org](http://www.mindfulmedicinepdx.org)

[mindfulmedicinepdx@gmail.com](mailto:mindfulmedicinepdx@gmail.com)

Our focus is on enhancing compassion,  
presence and resiliency.

**Where:** Daya Foundation  
5210 SW Corbett Ave  
Portland, OR 97239

Creating space for connection  
and community.

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