



# MINDFUL MEDICINE



## JOIN OUR *ONLINE* COMMUNITY PRACTICE GROUP

Join us for meditation, discussion and more supportive Mindful Medicine *On-the-Go* practices presented by Dr. Jan Chozen Bays.

First Wednesdays of each month

May 1st, 2019

6:30 PM - 7:30 PM

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

Zoom link- <https://.us/j/204579657>

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