



MINDFUL MEDICINE



JOIN OUR ONLINE COMMUNITY PRACTICE GROUP

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

Facilitated by Denise Gour, LCSW

First Wednesdays of Each Month in 2020

6:30 PM - 7:30 PM

- February 5th
- March 4th
- April 1st
- May 6th
- June 3rd
- July 1st
- Sept 2nd
- October 7th
- November 4th
- December 2nd

Zoom link: <https://zoom.us/j/2374014828>

www.mindfulmedicinepdx.org

Questions: Denise Gour, LCSW, 503.860.1227