



# 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 (PST)

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

Zoom link: <https://us02web.zoom.us/j/82738029202>

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

Questions: Denise Gour, LCSW, 503.860.1227