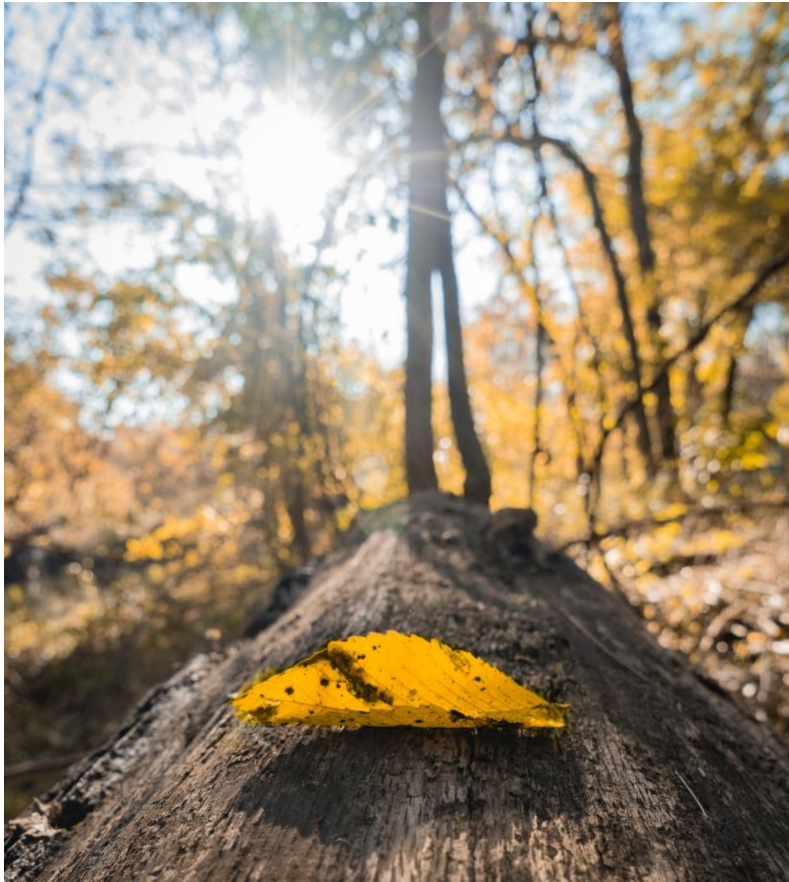




MINDFUL MEDICINE



JOIN OUR CIRCLE COMMUNITY PRACTICE GROUP

Join us for pausing,
practicing and
providing mindfulness
practices.

Now Offered Online

Facilitated by Judy
Ulibarri, RN HWNC-BC,
Holistic Registered Nurse

Third Thursday of Each Month in 2020

6:30 PM - 8:00 PM (PST)

- February 20th
- March 19th
- April 16th
- May 21st
- June 18th
- July 16th
- Sept 17th
- October 15th
- November 19th
- December 17th

Zoom Link: <https://us02web.zoom.us/j/86245824527>

[mindfulmedicinepdx.org](https://www.mindfulmedicinepdx.org) Questions: Judy Ulibarri, RN, HWNC, 503-784-1188

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