

# MIND BODY MEDICINE For Active Duty Females

DEVELOP AND SUSTAIN HABITS FOR POSITIVE  
THOUGHTS, EMOTIONS AND HEALTH

The mind and body are inseparable.  
Wellness in one improves the other.

**Dates:** Thursdays from **0930-1130**  
in Bldg. 6, 3rd Floor, Conference Room

Jan 9<sup>th</sup> – Feb 20<sup>th</sup>  
Mar 5<sup>th</sup> – Apr 16<sup>th</sup>  
May 7<sup>th</sup> – Jun 18<sup>th</sup>  
Jul 9<sup>th</sup> – Aug 20<sup>th</sup>  
Sept 10<sup>th</sup> – Oct 22<sup>nd</sup>  
Oct 29<sup>th</sup> – Dec 17<sup>th</sup>



## *In seven sessions, you will:*

- Learn multiple proven beneficial meditative techniques that can be practiced anywhere
- Learn skills to manage stress and promote a healthy outlook with a sense of purpose for the future
- Develop healthy living practices including restful sleep
- Appreciate the power and importance of interpersonal connections on your health

**Target Population:** Active Duty Females.

**Referral Process:** Referrals should be made in AHLTA/CHCS by ordering a consult to “SD Psychiatry”. Please include: “Refer to Mind Body Medicine for AD Females”, and member’s phone number.

For further information please contact  
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