

“Steadiness of mind is one of the most practical of skills.”

- EASWARAN

Familiarize and become empowered with Mind Body Medicine skills to improve your health and quality of life.

C5/TBI Mind Body Medicine

Instructors: Dr. Kim, Dr. Sitzer, Dr. Graney, & Mr. Miller

Serving C5 patients, including Wounded, Ill, and Injured Service members and TBI clinic patients.

Referrals to the program are submitted through C5 Primary Care with text note specifying C5 MBM program enrollment requested.

Seven Week Program
Mondays 1230– 1400
Except for Holidays

2020 Program Dates

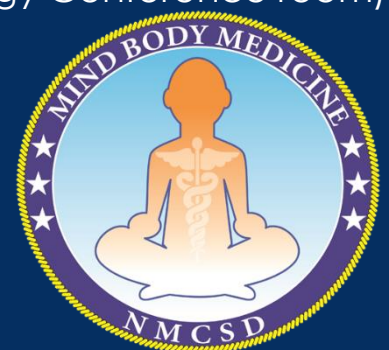
6 Jan – 2 Mar, 9 Mar – 20 April,
27 Apr – 15 June, 22 June – 3 Aug,
10 Aug – 28 Sept, 5 Oct – 23 Nov.

Location:

NMCSD Building 3/3
(Large Cardiology Conference room)



Questions? Call:
(619) 531-1404



C5/TBI Mind Body Medicine

What:

This is a 7 - week closed enrollment program, teaching resiliency skills of mindfulness and meditation.

Session I: Stress Physiology and the Relaxation Response

Session II: Building a Practice and Recuperative Sleep

Session III: Mindfulness, Positive Psychology and Cognitive Restructuring

Session IV: Qigong, Developing Cognitive Resiliency

Session V: Yoga, the Power of Journaling and the Inner Critic

Session VI: Enhancing Social Connection and Communication

Session VII: Putting it All Together

Mindfulness Practice:

Breath and Body Awareness, Mindfulness, Allowing Emotions, Wisdom Meditation, Mental Noting, Compassion, Guided Imagery

When:

This is a 7 Week Program meeting every Monday except for Holidays

Closed Enrollment, Each group starts and builds from Session I.

Questions? Call: (619) 531-1404

