

# Mind Body Medicine for Staff

## COMBAT WORK STRESS WITH MINDFULNESS, BALANCE, RENEWAL

There is an inseparable connection between mind, body and spirit. Learn proven methods to increase resiliency to stress and promote health and wellness for a more joyful, effective and meaningful life.



### Some topics covered, include:

- Learn skills to manage stress and promote a healthy outlook with a sense of purpose for the future.
- Learn multiple proven beneficial meditative techniques that you can practice anywhere.
- Develop healthy living practices including restful sleep.
- Improve communication and interpersonal effectiveness.

**Target Population:** Active Duty and civilian employees at NMCS D and the surrounding local Naval Health Care facilities who are motivated to gain new skills to increase resilience in response to work related stress.

**Class Format/ Locations:** We currently offer two class options to meet your needs:

- Two Hour Single Class (located at SEAT BLDG 5/1)
  - 3<sup>rd</sup> Wednesdays of the month 1400-1600
- 6 – Week course -Clinic Specific (**We will come to you!**)
  - Currently Wednesdays 1230-1330
  - Please contact to coordinate start date



**Referral Process:** Please send an email to [zachary.j.bertone.ctr@mail.mil](mailto:zachary.j.bertone.ctr@mail.mil) and provide the following information:

- Class option you are interested in
- If wanting to sign up your clinic, please give clinic name, number of participants, and if you have available space

Mind Body Medicine Clinic  
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