

# NMCS D MIND BODY MEDICINE

## For Stress Resilience 2020

### LEARN HOW TO HARNESS YOUR INTERNAL CAPACITY FOR HEALING AND RENEWAL

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



#### *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:** Tricare beneficiaries who want to improve stress management.

**Dates:** Tuesdays from 0900-1100 or 1300-1500 in Bldg 6, 1<sup>st</sup> Deck, Large Conference Room

\*\* Start dates offered throughout the year. Participants will be contacted by Mind Body Medicine to schedule a consultation before attending the group and will be offered the next available start date.\*\*

**Referral Process:** In AHLTA/CHCS order a consult to SD PSYCHIATRY ADULT. Please include "Referral for Mind Body Medicine Stress Resilience Group" (include only one service per consult). Please also include: Referral reason, a reliable phone number, and email for participant.



For further information please contact  
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