

## NMCS D MIND BODY MEDICINE COURSES

Courses give participants a firm foundation in various Mind Body Medicine modalities with **the goal of incorporating and sustaining healthy lifestyle and cognitive habits.** Mind Body Medicine Courses are typically 6-7 weeks in length, broken down into weekly two hour sessions and require group consultation and intake prior to class one.



1. **Mind Body Medicine for Stress Resilience**  
(A.M.) Dr. Mojgan Jahan/ Lisa Hess, LCSW  
(P.M.) Dr. Denise Boychuk
2. **Mind Body Medicine for Pain**  
Dr. Chris Carter/ Dr. Zachary Bertone
3. **Mind Body Medicine Mothers-To-Be\***  
Nicole Champagne, LCSW
4. **Mind Body Medicine for Staff**  
Dr. Genelle Weits/ Lisa Hess, LCSW
5. **Mind Body Medicine for AD Females**  
Dr. Genelle Weits

**\*Referral through SD Social Work**

## NMCS D MEDITATION GROUPS

Research shows that consistent meditation practice can assist practitioners in better managing the effects of stress and illness. Regular meditation groups can provide opportunities for participants to experience different forms of meditation from those more experienced with practice.



### **Mondays 1000 - 1100**

Bldg. 6, 1<sup>st</sup> Floor (DMH Large Conference Room)

Instructor: Dr. Genelle Weits

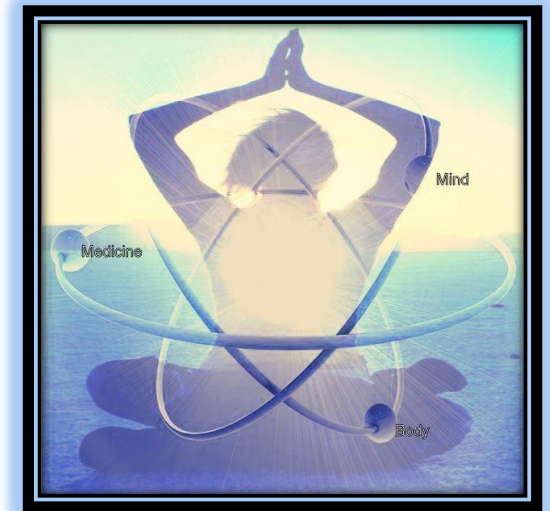
**No Referral Necessary**

For further information concerning referral process, dates, time and locations of all groups, please contact:

Mind Body Medicine Program  
(619) 532-6360  
(619) 532-5128

## NMCS D Happy Hour Yoga

Yoga is an evidence-based resiliency building modality used for stress reduction and pain management that supports the body's natural healing abilities through gentle exercise designed to elicit relaxation while strengthening the body.



### **TUESDAYS 1630-1730**

### **THURSDAYS 1630-1730**

MWR Athletics Complex Building 12

Instructor: Zaquia Salinas

\*Free to active duty, retirees, dependents and civilian staff. *Wear loose and comfortable clothing.*

\*Call the front desk in advance if wheel chair assistance is required. (619) 532-8516.

-All physical conditions are welcome.

-Mind Body Happy Hour is an ongoing class and may be joined at any time.

-No preregistration necessary.

## NMCSD Qi Gong



**TUESDAYS 1100-1200**

Bldg. 26 - First Floor

**Provider Referral Necessary**

A branch of Traditional Chinese Medicine that unites the mind and body to increase energy and enhance the body's natural healing abilities through gentle breathing, imagery, and simple exercise (done standing and/or seated in a chair).



## MIND BODY MEDICINE TECH RESOURCES



<https://go.usa.gov/xvDn5>

### MBM Web Page

- **Free Guided Meditation Audio Files** to stream and download.
- **Links to websites** offering free guided meditation audio files and suggested smartphone apps.
- **Videos** that explain and demonstrate various Mind Body Medicine principles.
- A **Directory** of Mind Body Medicine-aligned services and programs available within military installations and outside in the community.

### MBM Podcast

- **Download:** Podcast app.
- **Search & Subscribe:** Military Meditation Coach.
- **Select:** Choose from a variety of meditative techniques, including mindfulness, visualization, autogenic, and many more.



## MIND BODY MEDICINE

**Chronic stress** can lead to numerous physical, emotional and behavioral complications. **Mind Body Medicine** focuses on **self-care practices and habits** that have been demonstrated to increase one's **resiliency** and capacity to function in the face of stress.

Referrals should be made in AHLTA/CHCS by ordering a consult to **SD PSYCHIATRY ADULT** or **SD SOCIAL WORK (Refer to course list)**. The provider must clearly write "**Referral for Mind Body Medicine [Group & Provider Name]**" (please include only one service per consult). Please also include: Referral reason, reliable phone number, & email for participant.

For further information, please contact The Mind Body Medicine Office located at:

**NAVAL MEDICAL CENTER  
34800 BOB WILSON DRIVE  
SAN DIEGO CA 92134-5000**

**MBM Office (619) 532-5128/6360  
Dr. Zac Bertone, Health Educator (619) 532-7065  
Dr. Angelyna Lowe, Division Officer (619) 532-5625**