

MIND BODY MEDICINE

For New Mothers & Mothers-To-Be 2020

DEVELOP AND SUSTAIN HABITS FOR POSITIVE THOUGHTS, EMOTIONS AND HEALTH

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



In six 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

Benefits of Mind Body Medicine during pregnancy include:

- Decreased anger and irritability
- Higher birth weight of newborn
- Decreased labor complications

Target Population: New and expectant mothers who are interested in increasing resiliency to stress.

Dates: Thursdays from **1300-1500** in Bldg. 3, 1st Floor, OB/GYN Conference Room

- **Mar. 12th - Apr. 16th**
- **May 21st - Jun. 25th**
- **Aug. 6th - Sept. 10th**
- **Oct 8th - Nov 12th**

Referral Process: Referrals should be made in AHLTA/CHCS by ordering a consult to "SD Social Work." Please include: "Refer to Mind Body Medicine for Mother's to Be Group," the estimated date of delivery and a reliable phone number for participant.

For further information please contact
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