

MIND BODY MEDICINE

For Pain Management

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 with chronic pain exacerbated by stress

Dates: Thursdays from 1015-1215 in Bldg. 6, 1st Deck, Large Conference Room

1. Jan 9th - Feb 20th
2. Feb 27th - Apr 9th
3. Apr 16th - May 28th
4. Jun 4th - Jul 16th
5. Jul 23rd - Sep 3rd
6. Sep 10th - Oct 22nd
7. Oct 29th - Dec 17th

Referral Process: In AHLTA/CHCS order a consult to SD PSYCHIATRY ADULT. Clearly write "**Referral for Mind Body Medicine Pain Management with Dr. Carter & Dr. Bertone**" (include only one service per consult). Please also include: Referral reason, a reliable phone number, and email for participant.

Participants will be contacted by Mind Body Medicine to schedule a consultation before attending the group.

For further information please contact:

Mind Body Medicine
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E-mail: zachary.j.bertone.ctr@mail.mil