

## Mindfulness: Health, Wellbeing and Resilience Group Medical Visit Series April 3 – June 12, 2024

Mindfulness is a skill for developing continuity of present moment awareness with practices designed to support this awakening to life 'just as it is.' And creating a space for choosing how to respond with kind wisdom. This program is adapted from Mindfulness Based Stress Reduction (MBSR) and A Clinician's Guide to Mindfulness and more.

**WHEN:** April 3 – June 12, 2024 (Skipping April 17, May 15 and 29.)  
**WHAT:** Eight-Weekly Wednesday mornings from 10:00am – 12:00pm.  
**WHERE:** Hybrid: In-Person or Virtual Video Visit – Online Via MyChart Zoom

The present moment is really the only time to learn, make choices and grow, monthly topics:

- Week 1: Introduction to Getting started on this Mindfulness Journey
- Week 2: Be Right Where You Are
- Week 3: Our Storytelling Mind
- Week 4: Cultivating Kindness
- Week 5: Willingness to Be with Things as They Are
- Week 6: Finding Compassion Within
- Week 7: Enhancing Resilience
- Week 8: Moving Forward and Wrap Up

### Benefits may include:

Mindfulness Skills enhance present moment awareness + Mind-Body Awareness and Connection + Relaxation Response + Stress and Reduction in Pain Reduction + Self-Regulation and Agency + Self-Awareness + Expression. + Self-Confidence + Emotional Balance + Greater Focus and Clarity + Increased Energy + Enhanced Overall Health, Wellbeing and Resilience.

**Questions? Ready to schedule? Call 612-873-8048.**



**Kara Parker, MD** is a doctor and teacher at Whittier Clinic who is trained in Lifestyle and Functional Medicine. She has a passion to gather patients together to discover and share ways to thrive.

**Cass McLaughlin** is a qualified teacher of Mindfulness-Based Stress Reduction (MBSR). She also coordinates and co-facilitates Lifestyle-Based Group Medical Visits at Hennepin Healthcare.



For more details other group visits, logistics and insurance coverage visit <https://www.hennepinhealthcare.org/groupvisits> or call 612-873-8048