

MINDFUL MOVEMENT GROUP

Do you want to learn skills to help with stress management, or cope with anxiety, depression, or chronic pain?

Ask for a Referral to our Mindful Movement Group today!



WHAT: 8 Weekly one-hr long sessions with gentle movement focusing on mindfulness, to develop resilience and improve pain and function. Improves balance, strength, body awareness, and overall health.

WHO: For everyone with chronic pain, mild moderate depression, anxiety, or adjustment disorder.

HOW: Please have your medical provider refer you today!
(Providers: place referral in cclink by typing "Mindful")

WHEN/ WHERE:

- Antioch Health Center, Group Room: **Tues** 1-2 pm
- Concord Health Center, Group Room: **Fri** 1:30-2:30 pm
- Pittsburgh Health Center, Cypress Group Room: **Mon** 5-6 pm