



## MIND BODY SKILLS IN-PERSON SERIES

# HELP FOR RELIEVING STRESS-RELATED EMOTIONAL AND PHYSICAL CONDITIONS

New theories in neuroscience now explain how stress can cause very real changes in your physical and emotional health. Mind Body Medicine brings together these theories for the treatment of health problems that haven't responded to traditional medical therapies: migraines, anxiety, insomnia and chronic pain, to name a few.

Using a curriculum designed by Dr. James Gordon at the Center for Mind Body Medicine based in Washington, D.C., these group sessions will empower participants with mind body tools that can alleviate their symptoms and significantly improve their stress-related physical and emotional health.

## EIGHT WEEKS OF IN-PERSON MEETINGS

**Tuesdays, June 15 - Aug. 10 | 4 to 6 p.m.** *(Excluding July 6)*

**Perry Room, Della Cava Family Medical Pavilion, 4801 Riverbend Road, Boulder, CO 80301**

### WHAT SKILLS WILL YOU GAIN?

- Meditation
- Guided imagery
- Breathing exercises
- Biofeedback/self-hypnosis
- Journaling practice
- Movement exercises

### WHY SHOULD YOU PARTICIPATE?

- Reduce and relieve stress
- Promote healing and increase resilience
- Mitigate your symptoms
- Provide group support for practicing self-care measures
- Learn how your nervous system works and how to change it

### WHO IS FACILITATING AND WHAT ARE THE COSTS?

The group will be small, just eight to ten people in the Perry Room at Della Cava Medical Center. Elizabeth Haselwood, RN, who is certified in Mind Body Medicine through [cmbm.org](http://cmbm.org), will facilitate these group sessions.

*\$240 for eight, two-hour sessions. Attendance at every session is essential.*

*Limited scholarships are available. Please inquire.*

### LIMITED SPACE. FIRST COME, FIRST SERVE.

**For registration, contact Elizabeth Haselwood 303-415-8650 or [ehaselwood@bch.org](mailto:ehaselwood@bch.org)**