



**MINDFUL
MEDICINE**

Restorative Mindfulness Practices Just for Physician Moms



***Weekly Wednesday
Evening Drop-In
Groups***

8:00 - 9:00 PM

(Pacific Time Zone)

Settle, relax, and clear the day with restorative mindfulness practices offered each week on Wednesday evening. All in the good company of hard-working moms seeking balance in life and work.

No prior meditation experience necessary; join anytime!

**To register, email mindfulmedicinepdx@gmail.com
to receive the Zoom link**

Questions? Contact Denise at dgour@mindfulplace.com

All courses are facilitated by Denise Gour, LCSW, Certified Mindfulness Educator. As a therapist and teacher, Denise brings over 25 years of experience helping adults, families, and medical providers to reduce stress and navigate adversity with more self-compassion and ease.

If you find benefit through these practice groups, please consider making a \$10 donation per group. The support of your generosity allows us to continue offering these practices freely. No one will be turned away for lack of funds.

All donations are gratefully accepted through Paypal or by mail.

Please visit www.mindfulmedicinepdx.org to learn more.

Mindful Medicine is a 501(c)(3) nonprofit organization (Tax ID: 46-3513976)