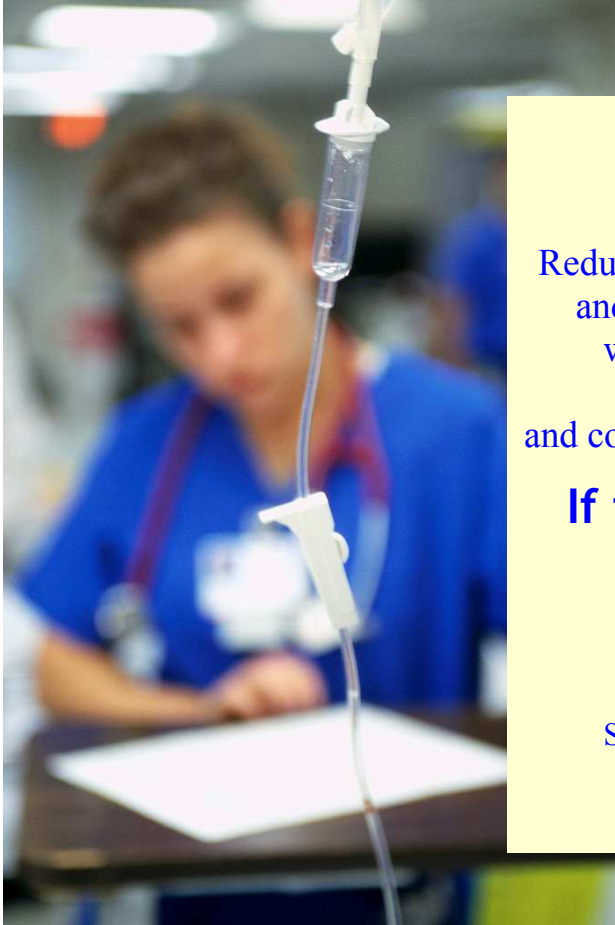


BEing Well with Patients

through gentle, mindfulness-based
yoga, guided meditations, and relaxation

For Healthcare Providers



8-week Program

Dates, times, cost TBA

Reduce psychological stress, secondary stress,
and job burn-out that are often associated
with working with patients in trauma;
increase job and life satisfaction
and compassionate care for self and for patients.

**If interested, please contact
Chris to be placed
on the notification list,
or for more information**

Space limited to 12 participants per session.
No prior experience with yoga
or meditation expected or needed.

**Be well, here and now—
One pose at a time
One breath at a time**

Classes led by Chris Warner (M.Ed., E-RYT) and Doug Worthen (MBSR),
are offered through the generosity of the *Practice for a Cure Foundation*
(978) 352-8787 or practiceforcure@yahoo.com

www.practiceforcure.org