



MINDFULNESS FOR HEALTHCARE PROFESSIONALS

Washington Physicians Health Program will be offering four different Mindfulness Series Programs this spring. Mindfulness is designed to reduce stress and improve general mental health. Mindfulness does not eliminate life's pressures, but it can help health professionals respond to pressures in a calmer manner that benefits one's heart, head and body.

Mindfulness Series Programs are open to physicians, dentists, veterinarians, physician assistants or podiatrists. No past or current involvement with WPHP is necessary.

Each series is five weeks in length. The series commitment is four weekday evening classes and one full day weekend retreat. The programs will be facilitated by Mindfulness Northwest. The cost is \$150 for the five week series. **Space is limited.**

<p>Seattle Series 1: April 8, Wednesday, 6-8:30pm April 15, Wednesday, 6-8:30pm April 22, Wednesday, 6-8:30pm April 25, Saturday, 9am-4pm May 6, Wednesday, 6-8:30pm</p> <p>Location: 720 Olive Way, Downtown Seattle</p>	<p>Seattle Series 2: April 9, Thursday, 6-8:30pm April 16, Thursday, 6-8:30pm April 23, Thursday, 6-8:30pm April 25, Saturday, 9am-4pm May 7, Thursday, 6-8:30pm</p> <p>Location: 720 Olive Way, Downtown Seattle</p>
<p>Kirkland Series: April 20, Monday, 6-8:30pm April 27, Monday, 6-8:30pm May 4, Monday, 6-8:30pm May 9, Saturday, 9am-4pm May 18, Monday, 6-8:30pm</p> <p>Location: EvergreenHealth Hospital 12040 NE 128th Street, Kirkland Room TAN 250</p>	<p>Mt. Vernon Series: April 28, Tuesday, 6-8:30pm May 5, Tuesday, 6-8:30pm May 12, Tuesday, 6-8:30pm May 17, Sunday, 9am-3pm May 19, Tuesday, 6-8:30pm</p> <p>Location: Skagit Regional Health 1415 E. Kincaid, Mount Vernon Cascade Conference Room</p>

For additional information, contact:

Jason Green, WPHP Wellness Program Director, at jgreen@wphp.org.

To confirm:

By phone: please call and provide a credit card number for a one-time charge

By mail: send a check made out to WPHP (address below), Attn: Jason Green

Services that enhance a physician's health so they are better able to help others.