



Wellness Center: Wellness Writing Group Medical Visit

- Group begins with a grounding meditation to center ourselves.
 - Two or three 15 min spontaneous writing sessions inspired by provided poems. Freestyle creative writing for self expression and healing.
 - Opportunities to share and connect in a safe, nonjudgmental space with open hearts and minds.
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What: A group medical visit led by Robin Lowitz, M.D. Board Certified Family Medicine and Medical Acupuncture.

Who: Any West County Health Centers patient looking to explore narrative medicine.

How: Currently held on ZOOM Tuesdays 1:30pm-3:30pm. Call the Wellness Center at 707-887-0290 or speak with your primary care provider.



West County Health Centers

Caring for our Communities

a california *health* center

wchealth.org