Meditation: The Art of Feeling Good

What:
Explore and work through internal obstacles to have positive affective experiences, develop a sense of belonging, and feel improved self-worth through mindfulness practice in a safe and non-judgmental group setting. This group medical visit is led by Edmee Danan MD and Brian Stricker LCSW, both experienced Meditation Teachers and Behavioral Health Clinicians.

When:
Every Tuesday morning from 11:00 am – 12:30 pm

Where:
Gravenstein Community Health Center
652 Petaluma Ave Suite F
Sebastopol, CA 95472

Who:
Any West County Health Centers patient looking for a supportive community in which to explore the obstacles to happiness.

How:
Call 707-887-0290 to sign up today.

Payment:
Shared Medical Visits are billed as a medical visit and will mirror the cost of a standard medical visit at your primary care site.