

# Power of the Mind

Your mind and body are not separate from each other. Your mind affects your body, and your body affects your mind, perhaps more than you realize. This dance between your mind and body can improve your health or make it worse. Your mood and the way you think can impact a health condition you may have. In this way, your mind has power. Whole Health includes all of you—your mind and your body.

To register for a class call ext. 4325 or 3192



## Upcoming Classes:

### Introduction to Mindfulness:

New to Mindfulness? Want to understand the foundations of the practice? Learn how to pay attention in a particular way: on purpose, in the present moment, and non-judgmentally, being fully aware by taking this 9 week course!

### Power of the Mind (orientation):

90-minute-session on how negative life experiences impact how our brain processes information which can result in us experiencing symptoms such as anxiety, depression, and PTSD.

### Mind Resilience:

8 weeks of 1-hour-sessions on how our feelings and emotions impact our thoughts and behavior. This course also focuses on the mind-body connection and various strategies we can use to cope with life's stressors.

### Advance Practice Mindfulness Group:

Learn how to expand mindful awareness by living more fully in the present moment without judgment by practicing mind-body exercises, mindfulness, and relaxation-based techniques. Previous experience using mindful awareness techniques is recommended but not required; average meditation is 30- 40 minutes. Weekly offering for 1 hour.

VA Lebanon

1700 South Lincoln Ave.

Lebanon, PA 17042

717-272-6621 | [va.gov/lebanon-health-care](http://va.gov/lebanon-health-care)

VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
Lebanon VA Medical Center