

# INTRODUCTION TO MINDFULNESS



Mind Full, or Mindful?

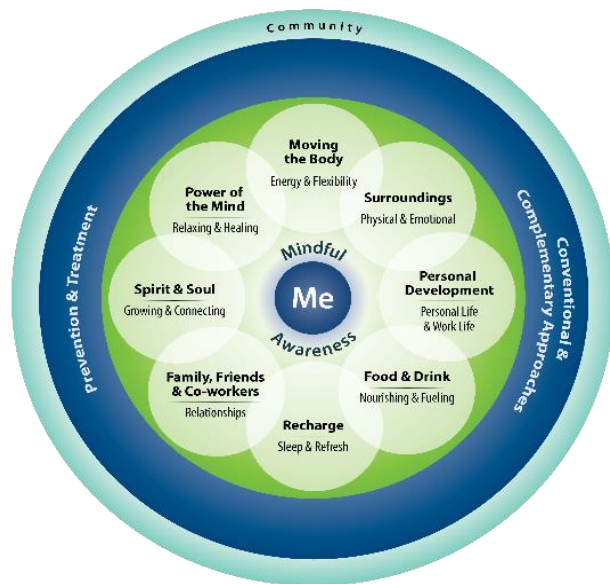
## Groups Offered:

### In-Person

Thursdays 10:00-11:30am

Building 37, Classroom B

Classes restart every 8 weeks



Mindfulness is paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally, being fully aware. Join fellow Veterans as you learn and experience mindfulness together.

## 8-week course

Mindfulness can help improve:

- Alcohol and substance misuse
- Chronic back pain
- Depression and anxiety
- Fatigue
- Fibromyalgia
- Irritable bowel syndrome
- Posttraumatic stress disorder (PTSD)
- Psychological symptoms
- Stress management
- Quality of life

VA



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Veterans Health Administration  
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or Ask Your Health Care Provider