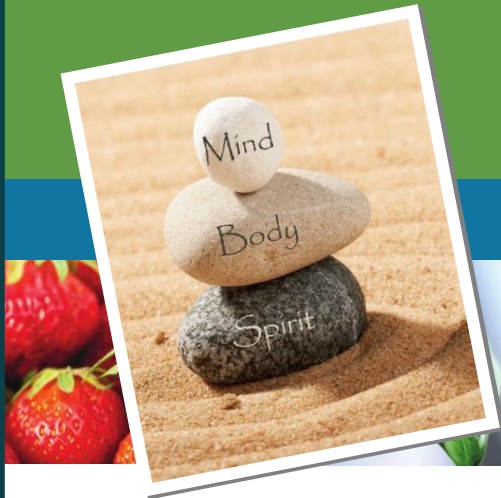


## Free Group Sessions



### How can it benefit me?

Mindfulness Meditation and Guided Relaxation are powerful tools that can help manage stress, find inner peace, and improve mental function. In addition, they help build self-control, compassion, and empathy. Regular practice can improve both mental and physical health.

### How does it work?

In each class, you will learn and practice skills to calm the body and mind through guided relaxation techniques and breathing exercises. Each session will focus on a specific area of health and wellness, such as strengthening the immune system, cardiac health, stress reduction, pain management, restful sleep, and deep relaxation.

All patients and community members are welcome. Cost is FREE. No prior experience is required. Be sure to check out our next session!

### Every Monday\*

**Time:** 10:00 am – 11:00 am

**Location:** Health Resource Center  
1350 South Eliseo Drive, First Floor  
Greenbrae, CA 94904

**Practitioner:** Corliss Chan, CMT

### Reservations:

Space is limited. RSVP is suggested:  
*1-888-99-MY-MGH (1-888-996-9644)*  
Drop-ins will be accommodated if  
space is available.

\*excludes Marin General Hospital  
holidays