



# MONTHLY EDUCATIONAL FORUM AT EVERGREENHEALTH MEDICAL CENTER

## JOIN US FOR OUR JANUARY 15TH, 2019 MINDFULNESS WORKSHOP

In this workshop, participants will explore mindfulness and increase understanding about why developing a mindful, self-care practice can improve health and well being. Participants will also explore the concept of “Present Moment Awareness” and how it serves us well, especially when living with chronic stress.

Participants will also learn about mindfulness through the lived experience by doing some mindful practices together like: sitting meditation, walking meditation, mindful movement and self-reflective inquiry.

Research shows people who practice mindfulness experience a variety of benefits including less stress and chronic pain (back pain, headaches, hypertension, etc.), improved mental health (decreased worry, anxiety, depression and improved emotional regulation) have fewer sleep problems, improved cognitive functioning (sharpened mental focus and enhanced attention focus), and improved immune system functioning and enhanced well being (increased joy, resilience and compassion).

**\*NO RSVP NEEDED!\***

## EVENT DETAILS

### DATE

Tuesday, January 15th, 2019

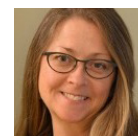
### TIME

7:00PM - 9:00PM

### LOCATION

Evergreen Health Medical Center,  
Suite Tan 100 12303 NE 130th Lane,  
Kirkland, WA 98034

### PRESENTER



Dr. Brenda Butterfield  
- she has worked with  
children, youth, adults  
and communities for

almost 30 years. Read more about  
her wide array of work experience  
including mental health, substance  
abuse, child welfare, and education  
here and abroad on her website:

<https://ournewexperience.org/>



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