

For Alaska Tribal Health System Staff



SEPTEMBER 20 – DECEMBER 20, 2021

MINDFULNESS FOR STRESS REDUCTION

WITH DR. REBECCA ROBINSON

Ground your body, anchor your breath, and calm your mind this fall with Mindfulness for Stress Reduction. Sessions are **open to all Alaska Tribal Health System staff** and held on Zoom. Come to as many or as few sessions as you would like. The Zoom room will be locked at 5-minutes past the hour. The meditation will last for 10 minutes.



MONDAYS
8-8:15AM



FRIDAYS
4-4:15PM

<https://us06web.zoom.us/j/83927394526> <https://us06web.zoom.us/j/82396937963>

Password: Mindful

EMAIL RVROBINSON@ANTHC.ORG WITH QUESTIONS