



MINDFULNESS

For Healthcare Professionals

Enjoy an introduction to mindfulness meditation and yoga principles to help manage stress and burnout



Saturday,
Oct 12
10-1130am

2001 Clayton Rd
Suite 200, Concord, CA
94520

Please dress comfortably and bring a yoga mat. Lite refreshments will be available. This is a free event however tips for teacher Karina are greatly appreciated!

Hosted by Karina Madrigal in conjunction with
AORN of the San Francisco Bay Area