

Mindfulness Day

Thursday, September 12
8 a.m. and 12 p.m.

Join us for a session of guided meditation to start your day and to rejuvenate and restore at mid-day. Learn how military medicine is encouraging the practice of mindfulness to reduce stress, improve emotional balance, increase self-awareness, help with anxiety and depression, and cope more effectively with chronic pain.

Two 30-minute mindfulness sessions will take place on the front lawn of the museum, at 8 a.m. and 12 p.m. You are welcome to bring a yoga mat or towel to sit on. Free and open to the public. Request ADA accommodations five business days in advance at (301) 319-3303 or by email to: USArmy.Detrick.MEDCOM-USAMRMC.List.Medical-Museum@mail.mil



**NATIONAL MUSEUM OF
HEALTH AND MEDICINE**

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