



MIND-BODY WELLNESS GROUP

Wellness Groups help people to transform the physical, mental, emotional, social and spiritual dimensions of their lives. This educational format is a powerful, effective combination of research-based techniques presented in an intimate and supportive group setting. The groups offer benefit for those who have health conditions or simply want to learn stress management and wellness skills. The groups are implemented in a variety of settings around the world.

Location: 3000 Biscayne Blvd. 5th floor Miami, FL 33137

Date: TBD

Soft Belly Breathing

**Expressive
Meditation**

Mindful Eating

Drawing

**Guided Imagery and
Visualization**

**Dialogue with a
symptom**



**BORINQUEN MEDICAL
CENTER**

REGISTER AT:

3000 Biscayne Blvd.

5th floor

Miami, FL 33137

(305)576-6611 Ext

1801/1803



BORINQUEN
MEDICAL CENTERS
OF MIAMI-DADE