



# Mindful Reflections During Health Changes

The experience of changes in health due to illness, accident, or chronic issues can be stressful mentally, emotionally, and physically. Creating a regular practice to pause, breathe, reflect, and re-center provides a way to release stress and anxiety. Experience peace and calm in this class and learn effective ways to manage some of the challenges of life. This course meets once a week for six weeks and is led by certified yoga therapist Winter Brown.

**For questions or to register,  
[wbrown@stanfordhealthcare.org](mailto:wbrown@stanfordhealthcare.org)**

**Dates:**

Thursdays  
September 23 – October 28, 2021

**Time:**

1:30 – 3:00pm

**Cost:**

Free

**Where**

Resource Center Conference Room  
5725 W. Las Positas Blvd., #270  
Pleasanton, CA 94580