

Mindful Healing and Mind-Body Medicine for the Future Practitioner



The **NMSA CCNM Chapter** and **Thrive CCNM** have collaborated to bring you a Skype Q & A with **Dr. Paul Epstein, ND**, that will emphasize the importance of mindfulness and mind-body medicine in not only healing our future patients, but ourselves as future practitioners.

Topics discussed will include:

- * becoming a mindful practitioner
- * childhood trauma
- * unresolved emotional issues manifesting as disease
- * the importance of addressing our own personal traumas before healing others

Light snacks and refreshments will be provided.

When: Wednesday, March 29, 6-8 p.m.

Where: Classroom 5