

# EMPLOYEE WELLNESS LUNCH AND LEARN ON MINDFULNESS

WEDNESDAY, APRIL 8, 2015

12 Noon

Garden Level Lounge—City Hall



Dr. Iglesia is a graduate of the California School of Professional Psychology and completed her postdoctoral psychology fellowship at Pain and Rehabilitative Consultants Medical Group.

Dr. Iglesia facilitates group therapy with patients participating in the Northern California Functional Restoration Program to address the psychological and behavioral components associated with chronic pain and work-related injuries.

She specializes in the diagnosis and treatment of comorbid disorders including clinical depression, anxiety, trauma and substance abuse.

Please join us on **Wednesday, April 8, 2015**, when Christina Iglesia, Psy.D. from the Pain & Rehabilitative Consultants Medical Group here in Emeryville, will be here for a lunch time presentation on “Mindfulness”. The workshop on Mindfulness will include:

- ◆ **What is Mindfulness?**
- ◆ **Mindfulness and the mind-body connection**
- ◆ **Benefits of mindfulness on your emotional, mental and physical health**
- ◆ **How to incorporate mindfulness practices in your every day life**

**Lunch will be provided. In order to be sure we have enough food for everyone, please RSVP by April 6th to:**

**Lori Elefant  
(email or at x797)**



Join us and be entered into a chance to spin the prize wheel. Just by attending, you will also be entered into a chance for a grand prize give-away at the end of our first year in December 2015.