



# Mindfulness for Health & Resilience

Interested in growing your mindfulness practice?  
Join Dr. Robinson's 3-week Mindfulness Workshop!  
Open to Alaska Tribal Health Beneficiaries age 18+  
Commitment to attending all sessions is required  
Space is limited to 12 attendees

**June 20 - July 8**  
**Mondays, Wednesdays and Fridays**  
**8:00am - 8:45am**  
**via Zoom**

**About the Facilitator:** Dr. Rebecca Robinson is a Licensed Psychologist with a passion for health psychology. She believes in the transformative potential of mindfulness meditation. Rebecca looks forward to sharing this ancient and evidence-based practice with you!



**Behavioral Health  
Wellness Clinic**

Alaska Native Tribal Health Consortium

**For registration and inquiries:**

 907-729-2492

 [www.anthc.org/bhwc](http://www.anthc.org/bhwc)