

Fall 2021

Mindfulness Mini Retreat for Parents/Caregivers

WHEN

Saturday, November 13, 2021
8:30am - 12:30pm

WHERE

Online via Zoom

INSTRUCTORS

Mala Mathur, MD, MPH, FAAP
Lisa Thomas Prince, MPH



FEE

\$30 standard fee
\$20 supported fee (Discount code available on website.)

Come join us to explore mindfulness as it relates to our roles as parents/caregivers of children. We will explore concepts of mindful parenting/caregiving, engage in practices such as yoga and meditation, and have the opportunity to connect with others facing the joys and challenges of parenting/caregiving. This mini retreat will provide you with practices to nurture your body, mind, and spirit, thereby supporting your relationships with your child(ren).

In partnership with the UW Department of Pediatrics.
All are welcome; no prior mindfulness experience required!

INFO/REGISTRATION

uwhealth.org/mindfulness

UWHealth

UW Health Mindfulness Program
(608) 265-8325

