

September 2022

# Men Who Meditate

## *A Mindfulness Practice Group*

### WHEN

Saturday, September 17, 2022  
9 - 11am

### WHERE

Online via Zoom

### INSTRUCTORS

Bob Gillespie, PhD, LMFT, LPC  
Chris Smith, MDiv, LMFT



### FEE

\$15 (*Standard fee*)

\$0 (*Supported registration for young adults, BIPOC community, and those with limited income. Discount code available on website.*)

This two-hour practice session is an invitation for persons who identify as male to gather virtually for community and meditation practice.

Meditation is probably not in the Top 10 list of men's activities... and how come? We hear a lot about the benefits of mindfulness these days, and empirical research shows that men's physical and mental health benefit from social connection - but that is not always easy for men to find.

What might it be like to gather with other men, practice a little meditation together, and connect with each other about what's going on in our lives? Join us to see! All experiences of meditation and all who identify as men are welcome.

### INFO/REGISTRATION

[uwhealth.org/mindfulness](http://uwhealth.org/mindfulness)



UW Health Mindfulness Program  
(608) 265-8325

