

May 2023

Men Who Meditate

A Mindfulness Practice Group

WHEN

Saturday, May 20, 2023
9 - 11am

WHERE

Online via Zoom

INSTRUCTORS

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



FEE

\$15 Standard fee

\$0 Supported fee for 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



UW Health Mindfulness Program
(608) 265-8325

