



# pause4providers

## 30 MINUTE MINDFULNESS

Open to all healthcare providers

The current pandemic is causing unprecedented levels of stress and anxiety in our workplace. Drop in to learn short mindfulness practices to help find calm in the midst of challenge. Relax, recharge, and learn how to incorporate moments of mindfulness in your day. Optional discussion to follow.

*No health insurance required. This is not therapy.*

8.30pm EST

**Tuesday**

Dr. Diane Meschino or Dr. Jennifer Hirsch

**Thursday**

Dr. Mary Elliott or Dr. Orit Zamir

**Drop in to our virtual sessions via Zoom.**

**Link:**

[us02web.zoom.us/j/302330041](https://us02web.zoom.us/j/302330041)

**Meeting ID:**

302 330 041

For program details please visit

**[www.pause4providers.com](http://www.pause4providers.com)**

For general inquiries and weekly reminders, please send an email to  
[pause4providers@gmail.com](mailto:pause4providers@gmail.com)