



**Providence
Health Care**

How you want to be treated.

Mindfulness: Practical Stress Reduction Techniques Webinar

Session Description

PHC staff and medical staff are invited to register for the upcoming Wellness Wednesday Webinars Series. This series is brought to you by the experienced doctoral interns from [Adler Community Health Services](#). The goal of these one-hour sessions will be to hold space for staff to learn and discuss various topics on mental health and wellbeing.

Registration link:

Link: <https://forms.gle/AuoKikngHJ3L7ccW8>. You can sign up to attend live sessions or receive access to the recording, which will be available on the [Adler page](#) on connect .



May 28, 12 pm - 1 pm

Mindfulness: Practical Stress
Reduction Techniques (Adler)

Questions? Email wellness@providencehealth.bc.ca