

Improve awareness, mood and energy—in just 8 weeks!

The evidence is clear: Stress and trauma take a toll on the mind and body.



ACM has a longstanding partnership with the [Center for Mind-Body Medicine](#) and we are pleased to offer the Center's evidence-based Mind-Body Skills Groups in our community. Enroll today and join the wave of resilience sweeping over the mountains of Western Maryland!

Non-pilot groups are \$49 for participants living or working in Maryland.
Outside Maryland, \$149.

*According to the
American Medical
Assoc. Most Primary
Care Visits are
STRESS RELATED!*

JOIN US TO DESTRESS AND GET CONNECTED!

Click the date line below to complete the group registration form.

Mind-Body Skills Group with Theresa Stahl—ON ZOOM
[Wednesdays, September 27 through November 15, 2023 2-4PM](#)

Or

Mind-Body Skills Group with Susan Morris—ON ZOOM
[Mondays, October 2-November 20, 2023 6-8PM](#)

Or

2-Day Mind-Body Skills Experience Pilot. In person at ACM with Laurie Marchini and Kathy Condor
[Sunday, October 22, 1-8PM and Monday, October 23, 9AM-5PM](#)

These dates and times don't work? [Click here](#) to be notified of future offerings.

All facilitators have been trained directly by the Center for Mind-Body Medicine. Enroll to learn mind-body techniques like [meditation](#), [guided imagery](#), [mindful eating](#) and so much more!



To sign up for a group, please complete the registration form found at the link above.
For more information, visit www.allegany.edu/cmbm

Questions? Please email kcondor@allegany.edu

