

30 MINUTE MINDFULNESS FOR HEALTHCARE PROVIDERS



**Every
Monday
Tuesday
Wednesday
Thursday**

**8:00 p.m. / 9:00 p.m.
Eastern Time**

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

Optional discussion to follow.

Open to all healthcare providers
No health insurance required.
This is not treatment or therapy.

SCHEDULE

Mondays 8-830pm & 9-930pm with Dr Diane Meschino: Diane.Meschino@wchospital.ca
Join Zoom Meeting: <https://zoom.us/j/6132246869> Meeting ID: 613 224 6869

Tuesdays 8-830pm with Dr Jennifer Hirsch: Jennifer.hirsch@sinaihealth.ca
Join Zoom Meeting: <https://zoom.us/j/148527614> Meeting ID: 148 527 614

Wednesdays 8-830pm & 9-930pm with Dr Mary Elliott: Mary.Elliott@uhn.ca
Join Zoom Meeting: <https://zoom.us/j/9482159624> Meeting ID: 948 215 9624

Thursdays 8-830pm & 9-930pm with Dr Orit Zamir: Orit.Zamir@sinaihealth.ca
Join Zoom Meeting: <https://zoom.us/j/302330041> Meeting ID: 302 330 041

For confidential weekly reminders, please email Dr Orit Zamir at: Orit.Zamir@sinaihealth.ca or simply save the flyer for easy access for future weeks. Save the Zoom Meeting ID in your calendar as a recurring weekly event.

Each night of the week has a different meeting ID, but they will remain consistent week after week.