



Mindful Movement & Meditation

In these virtual group medical visits, CHP patients learn simple lifestyle tools like meditation and chair yoga to help with common health conditions like anxiety, sleep disorders and hypertension. Join us each week on Zoom!

Tuesdays ■ 4:30-5:30 PM

With Lisa Nelson, MD, and Mary Northey, Certified Yoga Therapist

Wednesdays ■ Noon-1 PM

With Kim Loring, PMHNP, and Mary Northey, Certified Yoga Therapist

To join this group, contact your primary care provider for a referral. Most insurance accepted; deductibles and co-pays may apply. Sliding fee available for eligible patients.



Scan the QR code or visit
chpberkshires.org/group-health
for more information.

chpberkshires.org