

Between stimulus and response
there is a space. In that space is our
power to choose our response. In
our response lies our growth and
our freedom.

— Viktor E. Frankl —



Meditation For Fidgety Skeptics Intro to Mindfulness/Meditation

Facilitated by Chaplain
Will Wise-Gendusa
Questions about the group, call
509.434.7762

CONTACT INFO

8 WEEK—GROUP FOR ALL
INTERESTED VETERANS

TUESDAYS
9:00 AM-10:00 AM
STARTING SEPT 29, 2020

For additional information
or to enroll contact:
Wellness Coordinator
Stacy Dancker RN
509-434-7596

VA



U.S. Department of Veterans Affairs
Veterans Health Administration

Spokane VA Health Care System

4815 N. Assembly St.
Spokane, WA 99205
509.434.7762
www.spokane.va.gov



VASpokane

MEDITATION FOR FIDGETY SKEPTICS

A WHOLE HEALTH GROUP
AN 8 WEEK GROUP
SEPT 29 -NOV 17
9:00 AM-10:00 AM



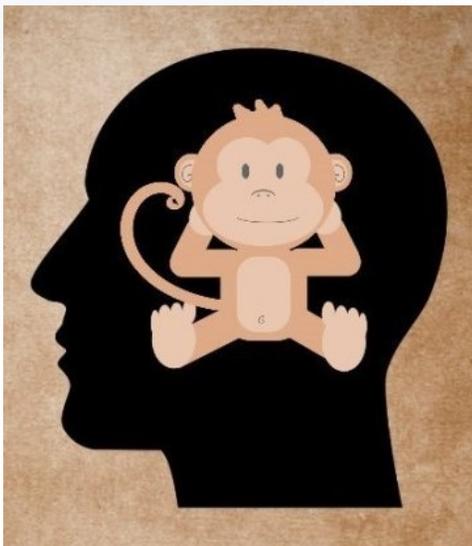
VA



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Top 3 Excuses NOT to Meditate

- 1) This is a bunch of crap! If you are a skeptic, that okay. Most start out that way.
- 2) It's too hard for me. "I know that I should meditate, but my mind is too busy." News flash: welcome to the human condition.
- 3) I don't have time. There are 1440 minutes in every single day. Can you find 5 minutes?



We Will Explore ...

- What is mindfulness and/or meditation?
- How do I do this, and what are the basics?
- What mindfulness isn't ...
- What does the science say?
- I tried it ... and failed ...
- What about the "voice inside my head?"
- Tips for practicing mindfulness meditation



Frequently Asked Questions

- **I'm curious, but not sure?** Come anyway and check it out.
- **Do I have to come all 8 weeks?** No, but it will be very helpful.
- **Do I need to bring anything?** No, just a mind ready to learn.
- **What if I'm not religious?** This is not a religious group nor practice, so come check it out!
- **When is it again?** September 29, 9:00 am-10:00 am
- **Where?** This group will be held utilizing VVC. You will need a smart phone, tablet, or PC with a camera.