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
12:30 PM TO 1:30 PM
STARTING APRIL 7, 2020

For additional information
or to enroll contact:
Wellness Coordinator
Stacy Dancker RN

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

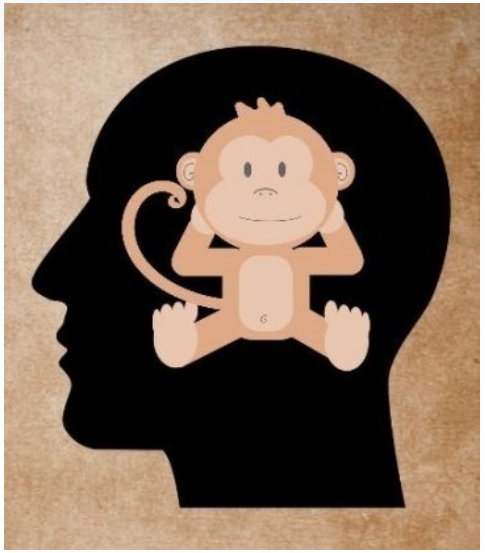
MEDITATION FOR FIDGETY SKEPTICS

A WHOLE HEALTH GROUP
AN 8 WEEK GROUP
APRIL 7-JUNE 2
12:30 PM—1:30 PM

U.S. Department of Veterans Affairs
Veterans Health Administration

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?** April 7-June 2 (Tuesdays) 12:30 pm—1:30 pm
- **Where?** Mann-Grandstaff VA Medical Center, Building 1, Wellness Center, Room C223 2nd Floor