

Institute for Health & Healing
A program of Sutter Pacific Medical Foundation

Healthy New Year!

Mindfulness Tools & Health Apps for Living Well

FREE LECTURE

Wednesday, Jan. 25, 2017

Reception with healthy snacks:
5:30–6:30 p.m.

Lectures with Q&A:
6:30–8:30 p.m.

FREE

Followed by book signing

Jewish Community
Center of San Francisco

3200 California Street,
San Francisco, CA 94118

Begin the New Year with a renewed focus on your health from an integrative medicine perspective. Attend our [free lecture](#) and learn how to optimize your health using ancient methods such as meditation, or technology's latest apps. You can learn how to stop repeating old habits with the simple practice of being present. We'll explore techniques for fostering self-acceptance, compassion and peace and discuss the latest apps in fitness, mindfulness, sleep and nutrition. Sign up today and start a healthier New Year!

LEARN FROM THE EXPERTS

Mark Coleman, MA — Senior meditation teacher at Spirit Rock, founder of the Mindfulness Institute and NY Times best-selling author of *Make Peace with Your Mind: How Mindfulness and Compassion Can Free You from Your Inner Critic*.

Ron Sinha, M.D. — Internal medicine physician, medical director for corporate wellness at Palo Alto Medical Foundation, 2-time TEDx speaker and best-selling author of *The South Asian Health Solution*.

ATTEND FOR FREE

Registration required at: myhealthandhealing.org/events



PARTNERS



Spirit Rock
An Insight Meditation Center

soulstice
MIND+BODY
spa



RED DRAGON YOGA

The Institute for Health & Healing's education programs are made possible by the Roberta E. Neustadter Mini Medical School in Integrative Medicine and supported by community partners, including Spirit Rock, Caveman Foods, Solstice Mind & Body Spa and Red Dragon Yoga.

The Institute is a program of Sutter Pacific Medical Foundation, a medical organization with over 240 doctors offering primary, specialty and complex medical care throughout San Francisco, Marin and Sonoma counties.