

Mind-Body Skills Group

Learn from trained facilitators to reduce stress and pain, restore well-being, and feel calm and relaxed.

Paul Thielking, MD

Board-Certified in Psychiatry,
Hospice, and Palliative Medicine

Julie Howell

Certified Mindfulness Facilitator
UCLA Semel Institute



Please register online www.huntsmancancer.org/mb-register
or call 801-213-4246.



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