



**STRONG**

INTEGRATED BEHAVIORAL HEALTH, LLC

66 Club Rd, Suite 120 Eugene, OR 97401

# *Mindfulness Group*

Led by Robin Hertz, PhD

Learn practical techniques for living  
in the moment!

- Improve focus, reduce stress, increase emotional resilience, and more in this 8-week experiential group. Each session will include several guided mindfulness exercises and opportunities for Q&A.
- No experience necessary, all levels of experience welcome.

*Group held weekly,*

*Tuesdays, 1:00-2:00 PM*

Group will be held via Zoom video conferencing

**SPEAK TO YOUR THERAPIST, OR CALL THE CLINIC  
AT 541-393-5983 TO SIGN UP**

