

The Road to Resilience: Mindfulness Strategies for Surviving, Coping and Thriving



Are you struggling with anxiety? Difficulty focusing on your work? Feeling disconnected? Searching for more effective stress coping tools during these immensely challenging times? Join **Dr. Larry Rosen** for a monthly series exploring practical mindfulness strategies, including movement, meditation and breathing practices.

Dr. Larry Rosen is an integrative physician, certified yoga teacher and a faculty member here at HMSOM.

**7:30pm on the last Tuesday of each month
(February 22, March 29, April 26, May 31, 2022)**

Join Zoom Meeting

<https://hmhn.zoom.us/j/84845881890?pwd=U1ZWTUUvSEZtYkxoNXk3ZndqT1cyQT09>

Meeting ID: 848 4588 1890

Passcode: 20202021

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