

The Chronic Pain & Fatigue
Research Center's
Health Equity Core presents:

Mindfulness & Healthy Eating

Wednesdays 12-1 PM

May 17-June 7th: Detroit Location

**May 24-June 7th: Ann Arbor Location
(In-Person)**

Fridays 1-2 PM

June 2-23, 2023

Zoom (Link to follow)

Hear from doctors and learn
about how mindfulness can
help with:

- Eating better
- Feeling more fulfilled
- Reducing chronic pain



Space is limited, register via
<https://tinyurl.com/Register-HEC>



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