

**Beginning
2021**

Minding the Body

An 11-week evidence-based cognitive behavioral psychotherapy (CBT) group to learn about stress, coping, & serious medical illness



**Limited Space:
Medicare Orig
Beneficiaries &
Low-Bono self-pay**

**Health &
Wellness**

Quality of Life

Register: (575) 342-1236

Goal Setting

Silver City, New Mexico

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Board Certified in Clinical Health Psychology