



The Mindful Man

Becoming a More Authentic Man

An eight-week course for men

William S. Middleton Memorial Veterans

Hospital

Room A2002

Offered by the Wellness Program

In this complex, fast-paced world, the expectations placed on men, both by ourselves and by others, can sometimes feel like a heavy burden. In this eight-week course for men, we will explore how the practice of Mindfulness can help us learn to live more comfortably in our own skin and to move through the world with more ease. Beside Mindfulness meditation, we will enjoy other Mindful practices such as deep sharing and the ancient movement exercises of Qi Gong.

Who: This course is appropriate both for men who are new to Mindfulness and for experienced practitioners.

Cost and registration: Free for veterans. Register by calling 608-256-1901 x11052.

Where: Room A2002 of the William S. Middleton Memorial Veterans Hospital.

When: Go to Events Calendar at www.madison.va.gov.

Facilitators:

David Haskin, meditation practitioner for many years, teaches Mindfulness widely, including to men's groups and people with addictions. For the last two years, he has helped teach Mindfulness to Veterans as a registered Volunteer at the Madison VA.

Russ Soehner, Peer Support Specialist, has used Mindfulness Meditation on his own recovery and wellness journey for many years. He enjoys applying Mindfulness practices and principles in his work at the VA to assist Veterans on their individual journeys to wellness.

Please share this flyer with other veterans who may be interested in this very special class.