

# Mindfulness Practice Seminar



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On November 8, 2008, and then again on April 25, 2009, Women's Heart Health at Stanford collaborated with Dr. Bonnie Zimmerman in a half-day seminar to present the fundamental techniques of Mindfulness Practice to a group of our patients with ongoing chest discomfort. The seminar was well received, and all who attended felt that these techniques would be beneficial in managing life stressors and relieving some of the chest discomfort they were experiencing. In addition, they enjoyed the opportunity to meet other women like themselves.

In our ongoing effort to offer comprehensive care, Women's Heart Health at Stanford hopes to continue with these programs in the future.

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