

The Genesee County Medical Society and the
Crim Fitness Foundation Invite you to

Mindfulness in Medicine

Promoting Health, Well-being, and Resilience in
Patients, Physicians, and Health Care Providers

“The way you think, the way you behave, the way
you eat, can influence your life by 30 to 50 years.”
Deepak Chopra

Presentations include:

Dr. Anju Sawni, Hurley
Medical Center

Dr. Ruth Lerman, Beaumont
Center for Mindfulness



FEBURARY 1, 2018 • 6-9PM • FLINT GOLF CLUB
3100 LAKEWOOD DRIVE, FLINT, MI
EMAIL [SSMITH@GCMS.ORG](mailto:ssmith@gcms.org) TO REGISTER
OR CALL 810-733-9923



Genesee County Medical Society invites you to this event in conjunction with the Crim Fitness Foundation and sponsored by the United Way of Genesee County.

Join us to hear presentations by:

Dr. Bobby Mukkamala

Dr. Anju Sawni - Hurley Medical Center

Dr. Ruth Lerman - Medical Director at the Beaumont
Center for Mindfulness

Sarah Sullivan - Director of the Mindfulness Initiative
at the Crim Fitness Foundation

Evening Schedule:

6pm Registration & Social Hour

6:30pm Dinner

7pm Meeting and Presentation

Please invite other physicians, practice managers, office staff, spouses, and all interested professionals to this meeting.

The topic is engaging for all!

Space is limited! Please register by January 28, 2018.

\$40.00 - GCMS Members, Spouses, Practice Managers, & Staff

GC Osteopathic Association Physician Members & Spouses

\$25.00 -Residents & Students

\$75.00 - All Non-Member Guests

Please mail your reservation payment to:

Genesee County Medical Society

4438 Oak Bridge Drive, Suite B Flint, MI 48532