



MEDICAL IN TOUCH

A PUBLICATION OF HOSPICE OF THE VALLEY FOR THE MEDICAL COMMUNITY

Mindfulness classes offered by HOV

Do you have patients with:

- Chronic pain?
- Insomnia?
- Anxiety and/or depression?
- Immune deficiency diseases (lupus, rheumatoid arthritis)?
- High blood pressure?
- High levels of stress from caregiving for family members?
- Desire for weight loss?

Consider recommending Mindfulness Based Stress Reduction classes, to be held Valleywide in 2017 (see reverse side for details.) Hospice of the Valley is offering the classes to improve community health.

The course was developed by Jon Kabat-Zinn, a physicist from MIT, at U. Mass Medical Center in 1979. It is now being taught at medical centers, healthcare organizations, and other sites around the world. The course has been shown in extensive research to decrease suffering from pain, lower blood pressure, decrease anxiety and depression, improve immune function, and improve breathing in those with chronic dyspnea. Brain MRIs before and after the course and 12 months later show growth of temporal and pre-frontal areas (correlating with memory and emotional stability) and shrinkage of the amygdala (anxiety, anger, fear).

Gillian Hamilton, MD, PhD, administrative medical director of Hospice of the Valley, has completed three years of training to become the only certified MBSR teacher in the Phoenix area; two colleagues also have completed training. After giving classes to our staff the past two years, Hospice of the Valley is now offering the course at reduced rates to the community. Scholarships are available.

If you have patients who would benefit, please consider suggesting they participate in mindfulness classes. To learn more, go to hov.org/mindfulness, email MindfulnessTraining@hov.org or call 602.636.5334. For questions about class format or research, contact Dr. Hamilton at gghamilton@hov.org ✉



"Mindfulness-based practice has been transformative for so many of our patients, not to mention healthcare providers. It helps us respond to the inevitability of suffering and stay present with moment-to-moment experiences, which in turn fosters well-being and resilience. By offering these courses, Hospice of the Valley is doing such important work."

—Cynthia M. Stonington, MD
The Mayo Clinic, Phoenix

"I suffer from anxiety and found this class to be life-changing in such positive ways. I find myself much more able to flow through my days with significantly less stress and much more awareness of my body and my mind, thus diminishing my stress in a way I did not think possible. Thank you so much for offering this amazing opportunity to me. I am forever changed."

—A participant

WINTER 2017

602.530.6920
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hov.org

Your not-for-profit
hospice since 1977

Mindfulness classes for the community

To register, call 602.636.5334 or email MindfulnessTraining@hov.org. Unless otherwise noted, cost is \$150 per person; \$25 for family caregivers. Scholarships available.

Mondays, March 6–April 10, 6–8 p.m.

Hospice of the Valley – Gardiner Home Education Center
1522 W. Myrtle, Phoenix 85021

Wednesdays, March 29–May 10, 6–8 p.m.

Free intro session March 15, 6–7 p.m.

Hospice of the Valley – East Clinical Office
2020 E. Woodside Ct., Gilbert 85297

Saturdays, April 1–May 13, 9:30–11:30 a.m.

Hospice of the Valley – Gardiner Home Education Center
1522 W. Myrtle, Phoenix 85021

Mondays, April 17–May 22, 9:30–11:30 a.m.

Hospice of the Valley – Northeast Office
16117 N. 76th Street, Scottsdale 85260

Mindful Eating (specialty class): Transforming your relationship with food

Wednesdays, March 8–April 5, 3–4 p.m.

Hospice of the Valley
1510 E. Flower St., Phoenix 85014

Intro rate: \$50 per person

An iPhone or Android smartphone is required for homework. The app costs \$25 per month.

What is Mindfulness Anyway? Intro to Mindfulness

\$25 per person

Friday, March 10, 9:30 a.m.–3 p.m.

Hospice of the Valley – Gardiner Home Education Center
1522 W. Myrtle, Phoenix 85021

Friday, March 24, 9:30 a.m.–3 p.m.

Hospice of the Valley – Northeast Office
16117 N. 76th Street, Scottsdale 85260

HOSPICE *of the* VALLEY

Not for profit. For comfort.

A not-for-profit organization
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