

NOTICE: The BCBS AZ Health Choice Office of Individual and Family Affairs (OIFA) Department presents the 2024 Lunch-and-Learn Series: Mindfulness

May 23, 2024

Dear provider,

Come join us!

BCBSAZ Health Choice and Northland Family Help Center invite you to join us for this no-cost series as we present the topic of Mindfulness and how it can better support your approach to care. This lunch and learn series is ideal for those who are looking to build an understanding of and integrate intentional awareness into their personal and professional interactions through mindfulness.

When: The fourth Monday of every month from 11:30 am to noon.

Free Link: <https://azblue.zoom.us/meeting/register/tZAucuChr4tHtUMoNVlqF3irzSgHen7nsmi>

Presenters:

Angimar Rodriguez, MA

BCBSAZ Health Choice

Adult Behavioral Health Member Liaison

Nicole Burnet, MA, LAC

Northland Family Help Center

Trauma Therapist

Questions: Angimar.Rodriguez@azblue.com

* The Office of Individual and Family Affairs (OIFA) promotes the recovery, resiliency, and wellness for individuals and families with mental health and substance use challenges. *

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