

Weekly Spirituality Group

*Sometimes we need a dose of spirit and community
to lift us up during our weekday busyness.*

Topics will vary from week to week, and we'll begin and end each session with meditation, prayer and/or chant. Various technologies will be presented for self-healing and introspection. Individual support will arise from the mindful conversations of the community. No reservations are required. We'll begin gathering at 5:45 p.m.

WHEN: Wednesdays beginning June 16, 6:00 p.m. - 7:00 p.m.

WHERE: Center for Integrative Medicine
(908 New Hampshire Ave., Suite 200; Metro: Foggy Bottom)

COST: \$20

(cash, or check made payable to Health Partners, Inc., a 501(c)3 nonprofit foundation)



A graduate from the only non-denominational Jewish seminary, The Academy for Jewish Religion in New York, **Rabbi Tamara Miller** has worked as a congregational rabbi, a pastoral chaplain in hospital ministry, an adult educator, and a teacher. Her teachings are multi-faith and multi-faceted.

Rabbi Miller currently serves the Center for Integrative Medicine as its spiritual counselor. During her eight-year tenure as the Director of Spiritual Care at George Washington University Hospital, Rabbi Miller counseled patients and families with difficult diagnoses, loss and grief transitions, and end of life choices. Visit her website at

www.RabbiTamaraMiller.com.

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