

# Blum Center Well-Being Series



All programs are free and open to patients, families, staff, and the general public.

For more information, call the Blum Center at 617-724-7352 or email [PFLC@partners.org](mailto:PFLC@partners.org)

## **The Healing Power of Reiki: An Introduction**

Wednesday, March 19, 2025

12–1 pm (Eastern Time)

Link to attend: <https://partners.zoom.us/j/88107574565>

Get introduced to the healing art of Reiki and its role in promoting relaxation and emotional well-being. This virtual session includes a guided meditation to center your mind and experience the flow of energy.



## **Spring Into Mindfulness: New Beginnings**

Wednesday, May 14, 2025

12–1 pm (Eastern Time)

Link to attend: <https://partners.zoom.us/j/82378683885>

Spring is the perfect time for renewal and fresh starts. Learn how mindfulness can help you embrace change and cultivate new habits for personal growth. Engage in reflective exercises to set intentions for the season ahead.



## **Featured Speaker: Carmen Alvarez, MHA**

Carmen is a well-being teacher and coach. As a certified workforce mindfulness facilitator, she integrates mindfulness and well-being to provide a comprehensive and integrated wellness approach. Carmen is also a Certified Reiki Master and has served as a Reiki Therapist at Mass General Hospital and Brigham and Women's Hospital in Boston since 2018.



## **Blum Center Program Schedule**

Scan this QR code with your phone's camera to see our program schedule online

