

Well-Being Series

Spring Into Mindfulness: Cultivating Joy and Welcoming New Beginnings

Date: Wednesday, May 14, 2025

Time: 12–1 pm (Eastern Time)



Spring is a season of blossoming – not just in the world around us, but within us too. Join us for a refreshing session where we will explore how mindfulness can help us welcome renewal in our lives, one gentle breath and one joyful moment at a time.

Together, we will reflect on the spirit of new beginnings, experience simple mindfulness techniques to support well-being, and plant seeds of joy that can bloom into lasting habits. Whether you are seeking a fresh start or simply a peaceful moment of connection, this session offers a garden of possibilities for your inner springtime.



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. She serves as the Director of Physician & Patient Engagement at Mass General Brigham International Patient Services, with attention to Latin American Markets. She is also a member of the Workforce Well-Being Collaborative Board at Mass General Hospital.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on the link or scan the QR code:

<https://partners.zoom.us/j/82378683885>



For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

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

