

# 2024-2025 Blum Center Well-Being Series



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

Please submit questions you may have about these topics before the programs to:  
[PFLC@partners.org](mailto:PFLC@partners.org) so that the speaker may address them during the sessions.

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

## **Stress Unraveled: The Mind-Body Connection**

Monday, October 21, 2024

12–1 pm (Eastern Time)

Link to attend: <https://partners.zoom.us/j/88554088223>

Discover how stress affects the mind and body, and learn practical techniques to reduce stress and build resilience. This session includes a mini mindfulness exercise to enhance awareness and calm the nervous system.



## **Awaken Your Senses: Mindfulness Practices for Daily Life**

Wednesday, November 20, 2024

12–1 pm (Eastern Time)

Link to attend: <https://partners.zoom.us/j/81518664845>

Discover how engaging all of your senses can bring a deeper level of presence and appreciation to everyday experiences. Through a mindful sensory exploration, participants will gain insights into the richness of life often overlooked when we are not fully present.



## **Blum Center Program Schedule**

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



### Recharge Your Energy: What Fills Your Cup?

Wednesday, January 15, 2025

12–1 pm (Eastern Time)

Link to attend: <https://partners.zoom.us/j/83536979347>

Identify what truly replenishes your energy and well-being. Through the battery charger exercise, learn to recognize when you are running on empty and how to recharge your body and mind for a more balanced life.



### The Healing Power of Reiki: An Introduction

Wednesday, March 19, 2025

12–1 pm (Eastern Time)

Location: Blum Center, White 110 (in-person event)

Get introduced to the healing art of Reiki and its role in promoting relaxation and emotional well-being. This in-person 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.



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