



SHARING OUR PANDEMIC EXPERIENCES: RESTORATIVE SESSIONS

UCI Susan Samuelli
Integrative Health Institute



Join your co-workers in a supportive space for UCI Health employees, facilitated by Dr. Gabriella Miotto. Faculty, staff and residents are encouraged to drop in to participate in 10-30 min restorative sessions during the workday, consisting of open discussion and a variety of restorative practices for healing and support. Even if you can only come for a short time, please feel welcome.

RESTORATIVE SESSION SCHEDULE

Date	Time	Location
Thursday, March 17	10 AM - 3 PM	Bldg 3, Center Courtyard
Thursday, March 24	3-8 PM	DH, Lounge 4002
Thursday, March 31	10 AM - 3 PM	Bldg 3, Center Courtyard
Thursday, April 21	3-8 PM	DH, Lounge 4002
Thursday, April 28	10 AM - 3 PM	Bldg 3, Center Courtyard
Thursday, May 5	3-8 PM	DH, Lounge 4002
Thursday, May 12	10 AM - 3 PM	Bldg 3, Center Courtyard
Thursday, May 19	3-8 PM	DH, Lounge 4002

About the facilitator:

Gabriella Miotto, MD, MPH trained in Family Medicine at UCI, and works in community medicine in Long Beach. Her current interests are in nature, the imagination and healthcare – how body and psyche partner with each other for wellbeing and healing through earth practices, body movement, and imagery. She has a great love of nature, poetry, dance, travel, and human rights.

Learn more at www.wellness.uci.edu/ucihealth.html

For questions, please contact
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