



Relieve stress, anxiety and isolation, the Institute for Spirituality and Health has mobilized the Greater Houston Healing Collaborative to provide online Mind-Body Skills Groups and Workshops. Based on a model used around the world for almost thirty years, these groups offer a safe space for social connection while teaching evidence-based skills that reduce stress and anxiety and support immunity and overall health and wellbeing.

Learn More at [SpiritualityandHealth.org/MindBodyGroups](https://www.spiritualityandhealth.org/MindBodyGroups)