



Web-based Washington State Living Mindfully with Chronic Illness

A mindfulness web-based peer support group for anyone living in
Washington state with health challenges
led by Bartja Wachtel, MSW, LICSW, MHP, CMHS

4th Tuesday of each month
6:00pm-7:00pm

To sign up, visit www.supportgroupscentral.com/CCI

Please contact (425) 296-2705 or info@thecenterforchronicillness.org
with any questions.

www.thecenterforchronicillness.org

This program is free of cost.



Center *for*
Chronic Illness