

The Role of Mindfulness in Wellness

June 4, 2025

1:30-3:00pm MDT

Mindfulness helps restore wellness and healthy function following illness, injury, and disability. Mindfulness is widely adopted by experts and therapies to enhance individual progress. The Mindful Rehab Group specializes to address issues related to mood, cognition, pain, daily function, work, relationships trauma, and more

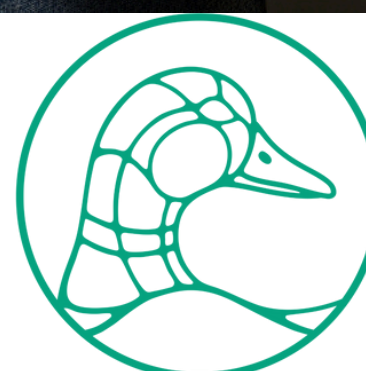


Learning Outcomes:

- The relationship between disconnection, illness and dysfunction
- Mindfulness as a foundation for restored connection
- How Mindfulness enables growth and healing

Speaker:

Logan McColl, Mental Health Occupational Therapist, Mindful Rehab Group, Founder and Clinical Director, working with First Nations people in various capacities over the past 12 years - assisting individuals, collaborating with Elders providing care, witnessing and participating in spiritual practices (circles, smudges, sweats)



Target Audience: Adults, Health Professionals, Stakeholders (e.g., service groups/agencies, case manager)

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