

Important Notice: We will not be meeting at Good Samaritan Hospital in July. Meetings will resume at Good Samaritan in August. We will be meeting at the Oregon Clinic in July of 2019. Details below.

June 2019 Portland Pulmonary Fibrosis



Support Group Meeting

With support from Legacy Good Samaritan Hospital & the Pulmonary Fibrosis Foundation

For people living with pulmonary fibrosis and interstitial lung disease

Legacy Good Samaritan Hospital

1015 NW 22nd Avenue – Main Hospital Entrance

Wistar Morris Conf Room – First Floor

Portland, Oregon 97210

The Portland Pulmonary Fibrosis Support Group will be meeting this coming **Saturday, June 15th**, from 1-3 in the

Wistar Morris Conference Room at Legacy Good Samaritan Hospital. We hope to see you there!

We are very pleased to welcome back Laura Martin, LCSW, who will be teaching us about the benefits of learning to use mindfulness to address the stresses of daily living with an Interstitial Lung Disease (ILD) or being the care partner of someone who is. Mindfulness, according to Laura, is a way to bring health, well-being, and vibrancy to our lives even while living with a chronic illness.



Laura Martin, LCSW has been a social worker since 1993, with broad experience in the field of mental health, working with individuals, couples, and groups. She has been using and teaching skills of mindfulness and meditation through her business, River Rock Mindfulness, for several years, and practices cognitive-behavioral therapies, with a client-centered approach.

Laura Martin, LCSW, is a Certified Mindfulness Based Stress Reduction (MBSR) instructor through the Center for Mindfulness at UMass Medical School.

Following Laura's presentation, we will have an open forum to share and update with each other. Please feel free to bring a support person, such as a friend or family member with you.

Parking is free and is available in any of the hospital parking structures and permits will be handed out for free parking at the meeting. We look forward to seeing you there! Light refreshments provided!

For further information,

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