

# Northwest Permanente Wellness Passport Guidelines

September – November 2016

## **Emotional: Mindfulness Brown Bags**

**Watch Mindfulness Brown Bag Presentations:**

View these two wellness brown bags:

“Mindfulness” by Dinelli Monson, MD  
and

“Humility and Happiness Training” by David Boardman, MD.

And then answer questions to receive credit for this category.

**Click here to go to the videos & questions!**

Please submit all documentation to NWP Health & Wellness, KPB 16  
or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)