

# Northwest Permanente Wellness Passport Guidelines

June – August 2015

## Mindful Well-Being: 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 15  
or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)