



# Mindful Men

## Connecting Men Through the Power of Mindfulness Skills

***Mondays, 7:30 pm - 8:30 pm (Pacific)***

***8-week series meeting weekly***

***Online via Zoom***

***January 5 - February 23, 2026***

***Note: Attendance for all sessions is encouraged.***

### Benefits to Attending:

- Past participants have reported improvements in sleep quality, immune function and chronic pain.
- The practice of mindfulness on a regular basis has been shown through research to promote not just health benefits, but improvements in relationships, work and leisure pursuits.
- Connect with other men and practice mindfulness skills, including meditation, biofeedback, guided imagery and self-discovery through art, movement and writing.

### Your Facilitator:

- Geoff Sittler is a husband and father of three energetic, amazing kiddos ages 6, 9 and 10.
- Born in Nebraska, raised in Oklahoma and happily settled in Portland, Oregon. His shifts from being born a Husker to a Sooner alum and now a Notre Dame spouse has taught him that we all evolve in ways we might never think possible!
- At various times in his life he has dealt with anxiety, depression and sleep challenges. Integrating mindfulness skills has helped him learn and grow when faced with daily challenges and joys.
- In addition to holding a Masters in Occupational Therapy, he is certified in Mind-Body Medicine and a faculty member for the Center for Mind-Body Medicine. He has completed various continuing education programs with experts on integrative healthcare practices.

### Cost & Registration

Sliding scale payment. Questions or to register: contact Geoff at [geoff@oregonmindbody.com](mailto:geoff@oregonmindbody.com) or 971-678-6793.



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