

Why Take A Class?

Research has shown that regular practice of mind-body skills relieves stress and tension, decreases depression and anxiety, and strengthens your ability to cope with life's changes. These techniques have also been shown to help with PMS, perinatal mood and anxiety disorders, fertility, and menopausal symptoms.

Whether you are dealing with an emotional or physical health issue, or are looking for ways to stress less and live better, our mind-body classes can help. Our team of mind-body health providers stands ready to support your journey into optimal health and well-being.



Online Resources

Babycenter.com
Chopracenter.com
Postpartum.net
Postpartumprogress.com
Realmomexperts.com
Transformyourbirth.com

Connect With Dr. Sanford

Livingselfcare.com:

Blog for self-care tips about how to stress less and live better

Youtube.com/dradianesanford:

Stress reduction Videos

Facebook.com/MidwestMindBodyHealth:

Facebook page for Midwest Mind Body Health Center info and events



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To Your Health!

At the Midwest Mind Body Health Center, our mission is to help you improve your health and well-being, mind, body and spirit.

Founded by Dr. Diane Sanford, internationally recognized for her work in pregnancy and postpartum emotional health, we provide counseling and mind-body health classes to reduce anxiety, depression, OCD, PTSD, and stress-related disorders. With a specialized focus in women's health, we provide care for: pregnancy and postpartum depression and anxiety, fertility issues, pregnancy loss, early motherhood, midlife, empty nest and menopause.

Our approach looks at all the factors affecting your life including stress, lifecycle changes, relationships, self-esteem, and work/life balance to determine your best plan of care. Our treatment combines counseling with mind-body health classes because studies have shown that mind-body skills decrease anxiety, depression, OCD and PTSD symptoms as well as the stress associated with fertility issues, postpartum depression, midlife changes, menopausal symptoms, and sexual dysfunction. Mind-body skills may also reduce the need for medication.

Mind-Body Classes

Mindful Stress Reduction

Led by Dr. Sanford, this mindfulness class introduces clinically proven techniques to reduce anxiety, depression & stress, and improve health and well-being. Mindfulness skills include: breathing exercises, meditation, relaxation training, mind-body movement, thought-releasing techniques and self-compassion.

Mindful Moms: Mondays 9:30-10:45am

Start your week off in a calm, peaceful way with Mindful Moms. Practice basic mindfulness skills - meditation, breathing exercises, mind-body movement, thought-releasing techniques and self-compassion to stress less and live better.

Women's Self-Care: Wednesdays 7-8:15pm

Is it time for Code Lavender? Learn how to reduce stress and increase overall health and well-being with Jamie Bodily, PLPC. Create an intentional self-care map to transform your life personally and professionally.

Mommy 411: Thursdays 9:30-10:45am

This on-going 4-session class and support group for new moms includes classes on: mom's mind-body health and self-care; coping with postpartum emotional adjustment; dealing with relationship changes, and establishing healthy routines for baby's sleep and newborn care .

About Dr. Sanford

An author and internationally recognized expert in motherhood and emotional health, she has been interviewed for TV (Good Morning America), newspapers (*New York Times*), parenting magazines (*Parents*) and websites (WebMD). A Medical Expert for BabyCenter.com, Dr. Sanford has studied mindfulness with Dr. Deepak Chopra, and is working to bring these stress-reduction techniques into her clinical practice. Through her books, videos, and presentations, she educates consumers and providers in how to improve their health and well-being.

About Jamie Bodily

Jamie is a Provisionally Licensed Professional Counselor and a Birth and Postpartum Doula with 12 years experience focusing on helping expectant and new moms. Jamie has advanced training in perinatal mood and anxiety disorders, EMDR therapy, trauma counseling and substance abuse. Through counseling, classes and groups, she provides services to women from pregnancy through early motherhood and beyond.