



JULY 2025

Modern Health Circles

Modern Health Circles™ are group sessions, designed to be safe spaces for group-learning and community-based support. Circles are led by Modern Health providers on a range of topics that impact how we show up personally and professionally.



Week of July 1-5

Women of Color: A Community Space (Discussion)	7/1/2025	12:00 PM EST	REGISTER
Mindfulness: A Beginner's Guide (Listen & Learn)	7/2/2025	09:00 AM EST	REGISTER
Parenting Neurodiverse Children (Discussion)	7/2/2025	02:00 PM EST	REGISTER
Asian and Asian American Allyship (Listen & Learn)	7/3/2025	04:00 AM EST	REGISTER
Processing Stressful World Events: A Deep Dive (Listen & Learn)	7/4/2025	02:00 PM EST	REGISTER

Week of July 7-11

The Chronic Illness and Mental Health Connection (Listen & Learn)	7/8/2025	10:00 AM EST	REGISTER
Mindfulness: A Beginner's Guide (Listen & Learn)	7/9/2025	04:00 AM EST	REGISTER
Caring For Yourself While Caring for Others: Raising Children of Color (Discussion)	7/10/2025	05:00 AM EST	REGISTER
Supporting Your Team Through Workforce Changes (Listen & Learn)	7/10/2025	04:00 AM EST	REGISTER

Week of July 14-18

Being Queer and a Person of Color (Discussion)	7/15/2025	01:00 PM EST	REGISTER
Mindfulness: A Deep Dive (Workshop)	7/15/2025	11:00 AM EST	REGISTER
Mindfulness: A Deep Dive (Workshop)	7/16/2025	08:00 AM EST	REGISTER
Imposter Syndrome as a Systemic Issue (Listen & Learn)	7/16/2025	02:00 PM EST	REGISTER
Mental Health Concerns for People of Color (Listen & Learn)	7/17/2025	01:00 PM EST	REGISTER

Week of July 21-25

The Chronic Illness and Mental Health Connection (Listen & Learn)	7/22/2025	01:00 PM EST	REGISTER
Individuals with Disabilities: A Community Space (Discussion)	7/23/2025	11:00 AM EST	REGISTER
Mindfulness: A Beginner's Guide (Listen & Learn)	7/23/2025	01:00 PM EST	REGISTER
Coping with Stress and Anxiety During Uncertainty (Listen & Learn)	7/24/2025	04:00 AM EST	REGISTER
Processing Stressful World Events (Listen & Learn)	7/24/2025	10:00 AM EST	REGISTER

Week of July 28-31

Men of Color: A Community Space (Discussion)	7/29/2025	04:00 AM EST	REGISTER
Mindfulness: A Deep Dive (Workshop)	7/30/2025	01:00 PM EST	REGISTER
Caring For Yourself While Caring for Others: Raising Children of Color (Discussion)	7/31/2025	03:00 PM EST	REGISTER



Access to personalized 1:1, group, and self-serve resources for your well-being.
Scan this QR to get started. Or visit my.modernhealth.com. Company code: Radiology Partners
Questions? help@modernhealth.com