

How Much Does it Cost?

Every group class and one-on-one clinic visit are billed as a primary care office visit which costs the same co-pay charged when you visit your PCP. The 8 week program will be billed as 8 visits, in addition to at least two one-on-one clinic visits. Any additional visits are determined based on your needs.

How Do I Apply?

If you're interested in joining our program please download an application from the Ridgecrest Rural Health Clinic site at

www.rrh.org/stressreductionclinic and submit it to our office, or email it to ruralhealthclinic@rrh.org.

We will contact you once we determine your eligibility with upcoming available dates.



Who is Dr. Chaabo?

Dr. Han Chaabo is a board certified family physician who has worked with populations that have some of the highest rates of chronic disease needing more integrative and preventive approaches to care. He trained in Mindfulness Based Stress Reduction (MBSR), the most extensively studied mindfulness intervention in healthcare, and developed a mindfulness based lifestyle change program delivered in clinical and group settings. He also holds certifications in Reiki and Quantum touch and is currently specializing in Integrative Medicine through the University of Arizona. He believes in nutritional therapy, mind-body medicine, cognitive behavioral therapy and biofeedback.

Other members of the stress reduction team include a lifestyle medicine specialist, licensed behavioral health counselor and registered nurse.



1111 N. CHINA LAKE BLVD. RIDGECREST, CA 93555

(760) 446-3551
Hospital Main Line

(760) 499-3855
Rural Health Clinic



"We believe in the power everyone has to heal and thrive."



Suffering From Stress?

Join the Stress Reduction Clinic

Mindfulness Practice

has been shown to reduce symptoms and improve quality of life related to hypertension, diabetes, chronic pain, migraines, autoimmune disorders, chronic pain, mental health disorders, cancer, and is a valuable aid for weight loss.

(760) 499-3855 RRH.ORG

The Stress Reduction Clinic at the Ridgecrest Rural Health Clinic is offering an 8 week mindfulness based lifestyle change program delivered in a group setting and one-on-one supplementary visits with the Stress Reduction Team.



What is Mindfulness?

If you catch your mind thinking, you will notice it analyzing a past event or planning a future one. You might notice yourself planning your next meeting from your morning shower, or finishing dinner without realizing it because of a pressing issue. We can't always control what happens in our lives but we can choose to respond in ways that make the blows softer and the joys more fulfilling. Mindfulness is a quality of attention that makes life easier to live no matter the circumstances.

How Does Stress Affect the Body?

When the body responds to stress it activates the same processes whether you're being chased by a lion or someone upset you. This turns on the fight or flight releasing stress hormones, until the relaxation response kicks in when the perceived threat has passed. When stress becomes a continuous experience the body's set points change, for example an initial rise in blood pressure and heart rate can eventually become hypertension and arrhythmia, then lead to heart failure and complete breakdown if stress is not properly managed.



How Does Mindfulness Work?

Practicing mindfulness changes brain structure causing shifts of activity from areas involved in emotional reactivity to areas associated with emotional regulation and positive processing. In clinical studies this has led to reduction of heart rate, blood pressure, anxiety and depression, chronic pain, migraines, and attenuated autoimmune disorders like psoriasis.

Practicing mindfulness has even been shown to aid weight loss, and improve quality of life for those who suffer from multiple chronic conditions and cancer.

Do I Qualify?

If you are suffering from chronic conditions such as hypertension, diabetes, chronic pain, migraines, autoimmune, or mental health disorders our program could be right for you. You may also qualify if you have other conditions.

How Long is the Program?

Our mindfulness based lifestyle change program is part of our Stress Reduction Clinic and is delivered over 8 weekly group sessions that are 2.5 hours long. It covers mindfulness based behavioral change, self-reflection, finding purpose and lifestyle medicine. You will also have scheduled clinic visits with Dr. Chaabo and his stress reduction team to discuss progress one-on-one.

Why Group Visits?

Group visits have been shown to improve clinical outcomes. Individuals participating in group settings learn from and support each other, engaging in a sense of community that promotes collective insight and healing. They also allow more time with the medical team improving the provider-patient relationship. All participants sign privacy agreements.

