

## Thaïs Mazur Joins Community Health Improvement Plan Leadership Team

The Healthy Mendocino Steering Committee is pleased to welcome Thaïs Mazur, Ph.D., as Project Manager of the Mendocino County Community Health Improvement Plan (CHIP). Thaïs Mazur is a leader in the field of social change and building healthy communities. A resident of the Mendocino coast for 17 years, she co-founded Mind Body Medicine Mendocino as well as North Coast Action, a citizens group dedicated to the clean-up of toxic soil on the former Georgia Pacific mill site in Fort Bragg. She holds a Ph.D. in Human Science and Integrative Medicine, and for the past two decades has directed social and environmental justice projects locally, nationally, and internationally. Dr. Mazur has worked in both clinical and community settings as an Integrative Health specialist. She is co-founder and director of The Karuna Center for Mindful Engagement and co-author of the recently published book *Do No Harm: Mindful Engagement for a World in Crisis*, and she teaches Human Service courses at Mendocino College.

“I am delighted to join the CHIP team and support the vision of Healthy Mendocino,” Dr. Mazur says. “This is a crucial time to localize our efforts to build an effective interdisciplinary network to support the health of individuals and communities county-wide.”

