Mind Full or Mindful?

Researched Benefits of Mindfulness Practices

With Dr. Anomi Grace Bearden
Psychology Department, Red Deer College, Alberta, Canada

Tuesday, February 17th

Lunchtime Lecture
12:00-1:30 p.m.
Alfond 113
Dr. Bearden will speak on the evidence-based benefits of mindfulness practices, including effects on the immune system, stress, pain, memory, attention, and neurobiology.
Lunch will be provided.

Meditation Workshop
5:45-6:45 p.m.
Sutton Lounge, Decary Hall
Participants will receive a well-rounded sampling of effective mindfulness practices such as concentrative meditation, receptive meditation, and progressive deep relaxation. Beginners Welcome.
Life skills will be provided.

Sponsored by the College of Osteopathic Medicine, COM Committee on Research and Scholarship, & Integrative Medicine Club