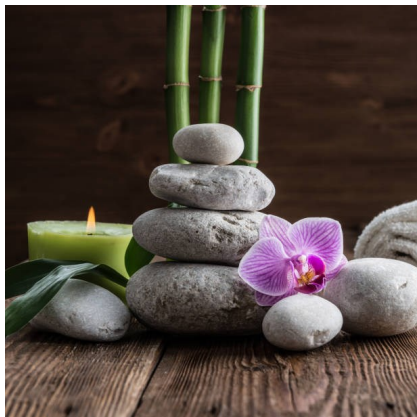


Next Class: Saturday, June 22nd!
Call (617) 732-9700 to register today



Introduction to Mindfulness Workshop

Mindfulness: *“The awareness that emerges through paying attention in a particular way: on purpose, in the present moment, and non judgmentally, to the unfolding of experience moment to moment.”* Kabat-Zinn, 2003

Course Instructor

Christina M. Luberto, PhD

Dates / Fees

Saturday, June 22, 2019

9:00 am - 12:00 pm

\$125 (payable by credit card)

Location:

Osher Clinical Center for
Integrative Medicine
Brigham and Women’s
Hospital
850 Boylston St, Suite 422
Chestnut Hill, MA 02467

(617) 732-9700

*To reserve a seat in the program, a non-refundable payment must be received at least one week in advance. Space is limited.

This half-day workshop will provide participants with an introduction to mindfulness and its benefits. Participants will learn about and practice a variety of mindfulness activities to help manage everyday stressors and improve overall well-being. The course will include guided mindfulness practices, activities, and instructor-led group discussions. Participants will leave the class with handouts, skills, and resources to help them establish their own mindfulness practice.

The workshop will cover:

- Mindfulness background and scientifically-supported benefits
- Mindfulness for managing stressors
- Mindfulness for increasing positivity and well-being

Christina M. Luberto, PhD is a mindfulness teacher and researcher with over 10 years experience using mindfulness and cognitive-behavioral therapy techniques to help people reduce stress and improve well-being. She is currently a Clinical Research Fellow at the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital/Harvard Medical School. Dr. Luberto maintains a clinical and teaching practice, and conducts research on mindfulness interventions for emotional and physical health improvement.



OSHER CENTER FOR INTEGRATIVE MEDICINE
HARVARD MEDICAL SCHOOL AND BRIGHAM AND WOMEN’S HOSPITAL

