



Wellness
Series

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The Healing Power of Mindfulness: Meditation as Medication

Thursday, November 5, 2015
Memorial Room, Main Library

7:00 PM

In this practical and experiential talk, Dr. Paul Epstein will discuss mindfulness, stress and the mind-body connection. A study from the American Academy of Family Physicians states that “up to 80% of visits to the family doctor are for stress related symptoms.” Enhance your personal health by learning effective tools and strategies for dealing with stress by integrating mindfulness meditation into your life.



Dr. Paul Epstein is a naturopathic physician specializing in mind-body integrative medicine. He has been treating people with chronic pain, stress and lifestyle-related diseases for over 30 years. A mindfulness meditation teacher, speaker and author, Dr. Epstein maintains a private practice in Westport, CT and travels world-wide leading workshops and retreats. He is the author of the book Happiness through Meditation.

All programs are free and open to the public. Limited seating.

Register online at www.fairfieldpubliclibrary.org, or call 203-256-3160.

Main Library

1080 Old Post Road
Fairfield, CT 06824

Fairfield Woods Branch

1147 Fairfield Woods Road
Fairfield, CT 06825

