



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SEMINAR FOR ACTIVE OLDER ADULTS

“The Healing Power of Mindfulness”

By Dr. Paul Epstein

Friday, Dec. 4, 11:45 am-12:30 pm

Senior Social Hour, Schine Meeting Room

In this experiential talk and workshop, Dr. Epstein, a Naturopathic Physician, mind-body therapist and author specializing in mind-body integrative medicine, will discuss:

- The healing power of Mindfulness
- Stress and the Mind-Body Connection
- Contemplative Medicine
- Explore the traits and benefits of cultivating resilience

The context for the talk is to enhance personal health and wellness by learning effective tools and strategies for dealing with stress, and integrating mindfulness as a therapeutic resource for healing.



Attendees are welcome to bring a brown bag lunch or purchase lunch fare from the YMCA's Member Café. (Seniors get a 10 percent discount on Fridays!)