MINDFULNESS CONVENING
March 20, 2020 4-6 PM

“MINDFULNESS IS A WAY OF BEFRIENDING OURSELVES AND OUR EXPERIENCE. OF COURSE, OUR EXPERIENCE IS VAST, AND INCLUDES OUR OWN BODY, OUR MIND, OUR HEART, AND THE ENTIRE WORLD”
- JON KABAT-ZINN (2007)

Mark your calendar for the Mindfulness Convening at Highland Commons on the UA campus:

Seven UA researchers will share their findings on different aspects of mindfulness—from the benefits of compassion to the connection between mindfulness and consumer choices.

Hosted by the Mindful Ambassadors of CAPS, who will lead us in centering exercises to open and close the event, and facilitate Q & A and discussion after panelists present their work. For a list of panelists and topics, go to: https://healthiestcampus.arizona.edu/

The Mindfulness Convening is the culminating event of Brain Health Week at UA, March 16-20. For information on all the workshops and activities that week, visit https://healthiestcampus.arizona.edu/content/brain-health.

We expect the experience to be intellectually stimulating and somatically refreshing! Register here: https://uarizona.co1.qualtrics.com/jfe/form/SV_0d3rCy7Wpx2rwsR