

# Mind *Full* or Mindful?

# Researched Benefits of Mindfulness Practices

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

## Tuesday, February 17<sup>th</sup>

### 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.**



2/18/15

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