

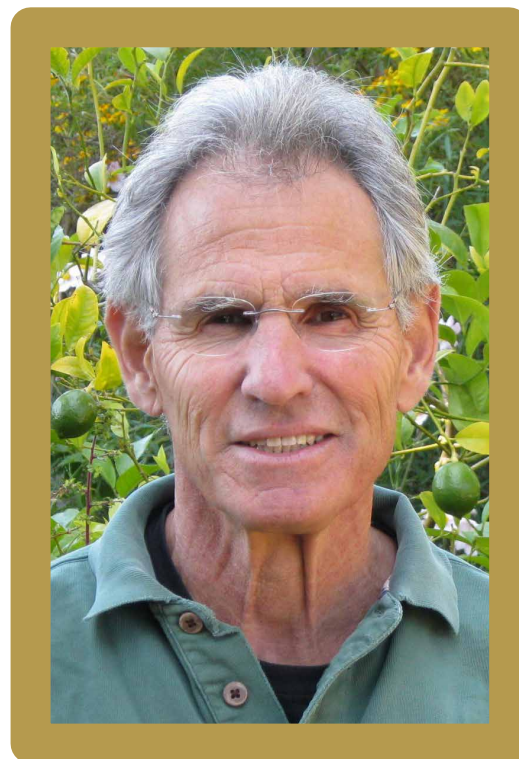
THE WELLBEING LECTURE SERIES



Mindfulness: What It Is and What It Isn't Beneath all the Hype, and Why It Might Be Healing and Transformative to Cultivate

Featuring
Dr. Jon Kabat-Zinn

- Friday, November 20, 2015
- 7:00 PM Lecture followed by a Q&A
- Carlson Family Stage at Northrop
- Register at z.umn.edu/JKZ



Join the Center as we celebrate our 20th anniversary with Wellbeing Lecturer, Dr. Jon Kabat-Zinn, founder of Mindfulness-Based Stress Reduction.

During this special event, you will learn how practicing mindfulness can improve your wellbeing. His groundbreaking book, "Full Catastrophe Living," has helped thousands of people discover ways in which mindfulness practices can soothe and heal the body, mind, and spirit.

Dr. Kabat-Zinn is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. He has taught mindfulness classes around the world, is a best-selling author, and has written numerous scientific research papers.

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