

THE WELLBEING LECTURE SERIES



UNIVERSITY OF MINNESOTA

Center for Spirituality & Healing

Driven to DiscoverSM

THE WELLBEING LECTURE SERIES,
NOW IN ITS FOURTH YEAR, WILL CONSIST
OF THREE GREAT LECTURES:

STEPHEN DEVRIES MD | APRIL 14

Stephen Devries, MD, is a pioneering preventive cardiologist specializing in integrative approaches to heart health. He has more than twenty years of clinical experience in university-based medical centers. Dr. Devries' passion is to bring integrative lifestyle approaches to prevention of heart disease and other health conditions. For more information about his work, visit www.gaplesinstitute.org.

ATUL GAWANDE MD | SEPTEMBER 18

Atul Gawande, MD, is a surgeon, writer, and public health researcher. Author of the New York Times bestseller, *Being Mortal*, Dr. Gawande challenges healthcare systems to change the way doctors deal with debilitating conditions among their patients. Rather than being dedicated to healing disease and staving off death, Dr. Gawande advocates for shifting the focus to wellbeing at all stages of life. For this second Lecture, the Center is honored to collaborate with The Minneapolis Foundation (TMF); our Wellbeing Lecture will be incorporated into TMF's full-day "Centennial Futurist Conference." Dr. Gawande will speak at the Minneapolis Convention Center at beginning at 3:30pm. Visit www.minneapolisfoundation.org for conference details.

JON KABAT-ZINN PHD | NOVEMBER 20

Jon Kabat-Zinn, PhD, is an internationally recognized teacher, author, researcher, and clinician in the fields of mind/body medicine, integrative medicine, and self-healing. He is the founder of Mindfulness-Based Stress Reduction (MBSR), and is an expert in applications of mindfulness meditation in everyday living to optimize one's capacity to face stress, pain, and illness across the lifespan. This third Wellbeing Lecture will take place on Friday November 20 at Northrop Auditorium. In addition, on Thursday, November 19, Dr. Kabat-Zinn will lead a full-day retreat at the UMN Continuing Education Conference Center on the St. Paul Campus (separate registration). These events will also commemorate the Center's 20th Anniversary!

IN 2015, THE CENTER
IS PLEASED TO
OFFER SEVERAL
OTHER LEARNING
OPPORTUNITIES:

INSPIRED COOKING FOR HEALTHY LIVES WITH BRENDA LANGTON

March 24, 31, and April 7 from 6 to 9pm
at Cooks of Crocus Hill in St. Paul

Spending three consecutive evenings with Brenda Langton is serious fun – Brenda is an incredible teacher of nutritional choices, shopping, cooking and eating. Her healthy recipes for breakfast, lunch, dinner and snacks are both creative and easy to make. Bring colleagues, friends or family members, and make these Tuesdays your spring date nights in St. Paul. Register at z.umn.edu/InspiredCooking.

SURVIVAL OF THE KINDEST: A NEW SCIENCE OF COMPASSION WITH DACHER KELTNER

April 29 at 4pm at the UMN

Each spring, the Center and the Marsh co-host the Ruth Stricker Mind-Body Lecture; this year, we are pleased to welcome Dacher Keltner. A social psychologist that focuses on pro-social emotions and processes that enhance bonds, Dr. Keltner's research focuses on the biological origins of compassion, awe, love, and beauty, and their influence on power, social class, and equality.

Healthy States⁺
KNOWING WHAT'S GOOD FOR YOU

COMMUNITY SPONSORS:

Anu Family Services • Charlson Meadows
• Eniva • Fairview Foundation • Lifesprk
• Penny George Institute for Health and
Healing • The Waters Senior Living •
Salo, LLC • Touchstone Mental Health •
YMCA of the Greater Twin Cities

UNIVERSITY OF MINNESOTA SPONSORS:

Boynton Health Service • College of Continuing Education • College of Design
• College of Education & Human Development • Institute on the Environment
• Medical School • Office of Student Affairs • Orientation and First-Year Programs •
School of Nursing • University Recreation and Wellness • UMTC/UMD/UMR Offices
of Human Resources, Equal Opportunity, Employee Wellness Programs