

Eniva Nutraceuticals is a Community Sponsor of:

THE WELLBEING LECTURE SERIES


CENTER FOR
SPIRITUALITY & HEALING

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

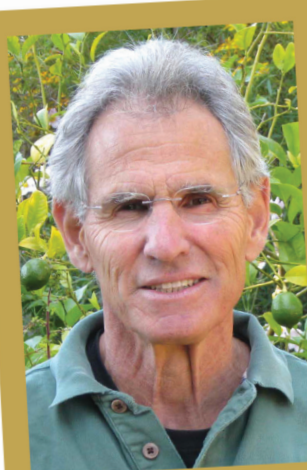
Featuring
Dr. Jon Kabat-Zinn

- 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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"Eniva is excited to help bring Dr. Jon Kabat-Zinn to this lecture series. His innovative approach to Mindfulness and Wellbeing aligns with the wellbeing model of the Center for Spirituality and Healing. Eniva sees its sponsorship of the Lecture Series as an important way to increase wellness awareness within our local community."

– Andrew Baechler, CEO

The entire
Eniva
Wellness
Community
is invited
to attend.

Save the
date and
join us
for this
exciting
event!

Registration:

To receive your discounted tickets as part of the Eniva Community, go to z.umn.edu/JKZ and type ENIVA into the top left corner of the page where it asks for a Promotional Code and click "Go". Then scroll down to the "Get Tickets" section and click on "Select" at the far right. Continue by selecting the desired quantity of tickets and complete the transaction. We'll see you there!