

# THE WELLBEING LECTURE SERIES



UNIVERSITY OF MINNESOTA

Center for Spirituality & Healing

Driven to Discover<sup>SM</sup>

THE WELLBEING LECTURE SERIES, NOW IN ITS FOURTH YEAR, CONTINUES WITH TWO MORE GREAT LECTURES:

## 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](http://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!



Learn more about these lectures and other events at [z.umn.edu/CSHEvents](http://z.umn.edu/CSHEvents)

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

### 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.

Register and learn more at [z.umn.edu/Stricker](http://z.umn.edu/Stricker)

### MINDFULNESS-BASED STRESS REDUCTION

Mindfulness helps you discover your unlimited potential. It's not something you have to get or acquire, but something that is already within you—a deep, internal resource waiting to be discovered or uncovered. Healthcare practitioners and researchers are increasingly turning to meditation as a potential or supplemental treatment for preventing a variety of conditions. In 8 short weeks, learn about how mindfulness, meditation, and gentle movement can reduce stress and improve your wellbeing. The Center's MBSR program began in 2003, and our instructors are all certified - or in training - at Jon Kabat-Zinn's Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Classes begin June and July.

Register and learn more at [z.umn.edu/MBSR](http://z.umn.edu/MBSR)



#### 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 • Senior Care Communities

#### 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