



MindfulnessTN

MAY 06, 2017

KNOXVILLE CONVENTION CENTER | KNOXVILLE, TN

Raising awareness of mindfulness meditation-based research and its impact on health and well-being.

Presenters from Wake Forest, University of California, Carnegie Mellon University, University of Toronto, and Vanderbilt University

Topics include:

Why mindfulness begins with the body • Pathways linking mindfulness training programs with health • Mechanisms supporting the mindfulness meditation to reduce pain • Mindfulness for stress reduction and impact on cell aging systems • And more!

Admission:

General Admission is \$10.00

Student Admission is free with valid student ID

3.25 CME/CEU credits are available and certified by Amedco

Visit www.mindfulnessTN.com to learn more and to register!