

Join Us! The Center for Contemplative Studies

presents

Are You Mindful? The Science Linking Mindfulness, Stress & Health

Saturday, April 13, 10am-12noon

Jeffrey M. Greeson, Ph.D.

Assistant Professor of Psychology

Rowan University, College of Science & Mathematics

Registration is FREE to WCU students, \$20 all others.

Please [CLICK HERE](#) to register.



Mindfulness – widely practiced through meditation and yoga – has become a major health trend. Books, magazines, websites, and social media all claim that mindfulness alleviates stress and promotes health & well-being...while keeping us in a state of present-moment bliss. But, do you buy it?! Do you know the science? Just how good is the research, and how strongly do studies back these claims? Join Dr. Jeff Greeson to separate fact from fiction. Learn how mindfulness is currently being studied in health care, and how practicing mindfulness yourself MIGHT just improve your health.

WCU
WEST CHESTER
UNIVERSITY



700 South Church St.
West Chester
610-436-2200