

Join Us! The Center for Contemplative Studies

Saturday Seminar Series Presents:

Mindfulness and Disability:

A Day of Talk and Action

Saturday November 10th, 10am-2:30pm

Center for Contemplative Studies, 700 S. Church St.

Mindfulness is NOT a therapy or technique for fixing people. It is, rather, a way of living that emphasizes the ways we ALL depend upon each other for support and friendship. It is a way of building community to include everyone.

Join our panel of speakers for a day of exploration. In the morning (10-Noon), our presenters will help us consider how mindfulness generates an atmosphere that is supportive for everyone—across the lifespan—in a family, school, or organization. Then we'll have lunch and share in the community we are building for ourselves. In the afternoon (1-3), we will ground our understanding, as we practice mindfulness in workshops offered by each presenter.

Feel free to attend the whole day, or just the morning talks or afternoon workshops by themselves. However the day might work for you, you are welcome.

\$20 - free with student ID
Register at www.wcupa.edu/cs

Participants:

Dr. Don McCown

Center for Contemplative Studies

Brenda Eaton

Chester County Intermediate Unit

Dr. Charles E. Gallagher

Occupational Therapist

Pat Amos, MA

Consultant and Autism activist

Dr. Chris Moriconi

Center for Contemplative Studies

