



# Mindfulness for healthcare professionals

**Friday, January 31, 2014**

**Noon to 1 p.m.**

UC Irvine Medical Center  
Building 53, Auditorium

**Speakers:** Rael Cahn, MD, PhD  
Beth Mulligan, PA-C

All faculty, staff and students are invited to attend this free lunchtime lecture. Mindfulness Based Stress Reduction (MBSR) is a practice designed to teach individuals how to handle stress more effectively and enhance personal coping skills. Mindfulness will teach you how to consciously and methodically deal with stress, pain, illness and the demanding challenges of everyday life.

Lunch will be provided. This lecture is free but RSVP is required. RSVP at <https://www.familymed.uci.edu/forms/events.asp>  
This activity is approved for continuing education units (CEUs).

## In this session, you will:

- Hear about the history, theory and applications of mindfulness
- Learn about some of the brain changes resulting from meditative practice
- Find ways to cope with stress more effectively through mindfulness
- Experience mindfulness practices

## Questions?

Contact Elizabeth O'Toole  
at 714-456-6971 or  
[eotoole@uci.edu](mailto:eotoole@uci.edu).

Hosted by the Department of Family Medicine Integrative Medicine Program and Susan Samueli Center for Integrative Medicine.



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