ANNOUNCING A COURSE IN MINDFULNESS MEDITATION
FOR FOCUS, CLARITY AND CALM IN DEMANDING WORK ENVIRONMENTS
taught by John K. Testerman, MD, Ph.D.

What: Four week course to learn Mindfulness* Meditation and other Mindfulness skills to survive and thrive in demanding work environments.

Cost: The course is free and open to all.

Registration: Please reserve your spot, as space is limited to 20 people. Email me at jtesterman@llu.edu and put "Mindfulness Course Reservation" in the subject line. Expect a confirmation email from me.

When: 5:30-6:30 p.m. Tuesday evenings on October 16, 23, 30 and November 6. We will start and end on time.

Where: The Information Services conference room #219 at 11155 Mountain View Ave. in Loma Linda (11155 is the building at the lower end of the Clark's Nutrition parking lot. Go up the stairs near the flag pole to reach the conference room.)

*Mindfulness is deliberately paying attention to what we are experiencing right here, right now, with an attitude of receptivity to whatever arises. It is a simple concept but surprisingly hard to do. Multiple studies show that developing this skill pays dividends in our ability to connect with people, focus on tasks, be less reactive and improves our physical and mental health and well-being.

If you have questions, feel free to email me at jtesterman@llu.edu