



Todd Fink

INNER CALM: *THE SCIENCE OF MINDFULNESS*

Tuesday, December 11, 2018 - 12 pm

CCSD #93 / 230 Covington Drive / Bloomingdale

Stressors from social media and society are on the rise. Fink, behavioral health associate for Linden Oaks Behavioral Health, will share techniques to cultivate contemplative concentration to bring greater peace of mind. What we focus on, think about and repeatedly do can change the structure of our brain, and mindfulness is a way to self-direct our brain development. Mindfulness involves paying attention in the present moment without judgment. It is about awareness, as opposed to thinking. This evidenced-based and therapeutic practice has many benefits for physical and emotional well-being, with an abundance of new research showing that people can reduce stress despite outer circumstances.

Attendees will learn about the basics of the mindful brain and have the opportunity to experience simple techniques for mind-body wellness. Fink will discuss intention, nonjudgment and acceptance – qualities that can be used to connect more deeply with the present moment, ourselves and others to enhance self-awareness, empathy and inner calm.

This free program is open to the public. CPDUs are available.

For information, visit facebook.com/glenbardparentseries or contact Gilda Ross, Glenbard Student and Community Projects Coordinator at 630-942-7668 or by email at gilda_ross@glenbard.org