

Ticker Talker

The Mended Hearts, Inc. SOC

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FOR THE HEART PATIENT AND THEIR FAMILIES

Mindfulness-Based Stress Reduction (MBSR): An Introduction



Beth Summerl, RN

Meditation has gone mainstream in America. Scores of studies using fMRI confirm we can train the brain out of habitual thought and reactivity to become happier and wiser. This class will discuss the neuroscience of mindfulness and the practice of quieting the chattering mind.

Mindfulness: Being in the present moment, without judgment

Meditation: Training practice to cultivate mindfulness

Benefits: Well-being and ease

Calm, clarity and insight

Stress reduction

Health (immune system, cardiac, memory, more)

Improved relationships

MBSR is an established training program developed in the medical model by Jon Kabat-Zinn at the University of Massachusetts. The effectiveness of MBSR has been confirmed at major universities and medical centers worldwide.

The course is offered at Mission Hospital, Mission Viejo, free of charge. The next sessions date and times in January will be announced at our meeting.

Beth Summerl, RN, is the instructor for the course. She will provide an overview of the MBSR program and teach some meditation techniques to all attendees at the Mended Hearts September 17 meeting at 7pm, Mission Hospital Conference Center.

Don't forget the program starts at 7:00 pm, Wednesday Sep 17th at the Conference Center.

Come early for a seat as the program is always very popular and the public is invited.

Refreshments start at 6:30 pm.

Location:

Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA



“It's great to be alive - and to help others!”