Cultivating Mindfulness to Reduce Stress: The Science Behind “Paying Attention”

Aleezé Sattar Moss, PhD

Research Associate and Mindfulness Instructor, Myrna Brind Center of Integrative Medicine, Thomas Jefferson University

As a member of The Mindfulness Institute of the Myrna Brind Center, Dr. Moss works on research projects that are examining mindfulness interventions for cancer patients. She also has extensive MBSR teacher training from Jefferson’s Program. In addition, she is a certified yoga teacher and teaches mindful/therapeutic yoga in local studios and privately.

Date: Tuesday, February 26, 2013
Location: Bluemle Life Sciences Building (BLSB), Room 101
233 South 10th Street (NE corner of 10th and Locust Streets)
Time: 6:00 pm – check in, networking, and dinner (vegetarian options will be available)
7:00 pm – program
Price: $15 for all students and postdocs
$18 for AWIS members
$20 for nonmembers or guests of members*

Register by noon, Friday, February 22, 2013
www.awisphl.org/meetingregistration.htm – prepayment required
For questions, contact rsvp@awisphl.org, or call Sandy Saouaf 609-304-1476
*Nonmembers who join when making their reservation will be eligible for the member rate.

Check www.awisphl.org for information in case of inclement weather

Driving and Public Transit Directions:
http://www.jefferson.edu/directions/TJU_public_transportation.cfm
Campus Map: http://www.jefferson.edu/directions/TJU_campus_map.cfm (Bluemle is at the bottom right of the map on Locust just east of 10th.)
Self-Pay Parking is available in the garage beneath the Hamilton Building (entrance on 11th Street), and in the Jefferson Neuroscience garage (on 9th just north of Locust) as indicated on campus map. There are other garages in the area as well as on-street metered parking.