

HEALTHWORKS

BIOLOGY DEPARTMENT

HealthWorks is a series of lectures and films hosted by the Biology Department
Events are free and open to all students, staff and members of the public



Mindfulness Based Stressed Reduction and the Effects on the Brain

Tuesday, March 21 from 11:45am to 12:50pm

Theatre in the BOSA Film Centre



Speaker,

Dr. Kasim Al-Mashat

Registered Psychologist and Certified Mindfulness
Based Stress Reduction (MBSR) Teacher

*"Supporting positive change, well-being, and
mindful living"*

**Learn how mindful practices
can have a positive impact on
your health**

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