Join us for

**Mindfulness Conversations**

Thursday, August 13, 2015

9:00-1:00

Free

registration begins at 8:30

**Niagara University**

St. Vincent’s Hall - 407

Teachers

Counselors

Wellness/Health

Law Enforcement/Military

9:30-12:00

Speakers

Usama Al-Atar, **PhD, Imam** – **Mindfulness, Meditation, and Prayer**

Cindy Goss, **MA, CNMI** – **Mindfulness in Service and Support**

Shannon Hodges, **LMHC, NCC, ACS** – **Self Talk**

Paul Lukasik, **OTRL, CRC, CLCP, LMHC** – **Mindfulness Origins and Meaning**

Chris Nentarz, **PT, CSTS, NASM-PES, CSTI** – **Mindful Movement**

Karon Ozols, **BA, CASA** – **The Science of Mindfulness**

12:00-1:00

Q&A Conversations

organized by interest

For more information or to register contact

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