

This year the School Health Advisory Council (SHAC) is cosponsoring a series of speakers with Lexington's PTSA's. The speakers will be discussing how mindfulness can improve and enhance teaching and learning.

Dr. Jon and Myla Kabat-Zinn will provide the second in the series of three free presentations on Wednesday, November 3, 2010 from 7:00 - 8:30 P.M. in the Clarke Middle School auditorium.

Please join Myla and Jon Kabat-Zinn for a conversation on bringing greater mindfulness to the challenges of parenting. Mindfulness is a simple way of being present in our lives with greater balance, empathy, and clarity.

Research is showing mindfulness practices can reduce stress and have profound effects on physical and mental well-being."

Jon Kabat-Zinn, Ph.D. is Professor of Medicine *Emeritus* at the University of Massachusetts Medical School, and founder of the Center for Mindfulness in Medicine, Health Care, and Society and of its world-renowned Mindfulness-Based Stress Reduction (MBSR) Clinic. He and his wife, Myla Kabat-Zinn, are co-authors of *Everyday Blessings: The Inner Work of Mindful Parenting*. Myla Kabat-Zinn, BSN, was trained as a nurse and assisted at births both in the hospital and at home. She has taught childbirth education classes based on mindful awareness. She is the co-author, together with her husband Jon, of *Everyday Blessings: The Inner Work of Mindful Parenting*. They lead workshops on mindful parenting in the U.S. and abroad. Together they support initiatives to promote mindful parenting and to further mindfulness in K-12 education.

One remaining talk is scheduled for the Lexington community by SHAC and the PTSA's on March 3, 2011. The speakers will be Dr. Dennis Shirley and Elizabeth MacDonald speaking on "The Mindful Teacher."

All interested people are welcome. For further information contact: Jennifer Wolfrum, Assistant Coordinator of Physical Education and Wellness (wolfrum@sch.ci.lexington.ma.us or 781-861-2320, x 6080).