Mindfulness in Health Care Track

Session 1: 9:00-10:15am

Name, Title, Affiliation:

Jon Roberts, operations manager of Harvard Pilgrim Health Care’s *Mind the Moment* mindfulness program

Shanti Douglas, CPHWC, Mindfulness and HeartMath Certified Trainer and Coach, Author, Owner 8 limbs Holistic Health, LLC

Title of session:

“Beyond the Hype: Understanding What Mindfulness *Really* Is, and What it Can Do for You and the Health of Your Community.”

Brief description of session:

Jon and Shanti will discuss how the work of the Mind the Moment program forwards Harvard Pilgrim Health Care’s mission to improve the quality and value of health care for the people and communities it serves. Highlights will include: debunking common misconceptions around mindfulness and meditation; how to engage different audiences around this topic; why having qualified instructors is of vital importance; and how they are working to address chronic pain management through tools they are developing in partnership with *Mindful Magazine*. 