

Mindfulness in Society Track

Session 3: 1:15-2:30pm

Name, Title, Affiliation:

Melissa Laverack, MA; Certified MBSR teacher and practitioner; human engaged in the challenge of staying mindful in the presence of life.

Title of session:

“Where the Rubber Hits the Road, Health and Illness”

Brief description of session:

During this workshop, Melissa will explain some of the fundamental mechanisms of mindfulness and how they can work to improve both physical and mental health. Drawing from her eclectic experiences as a chaplain at Dartmouth Hitchcock, a palliative-care provider, and a mindfulness teacher, Melissa has a depth of insight about the intricacies of mindfulness that can help frame participants’ understanding of why mindfulness appears to have such an abundance of benefits, including reducing depression, strengthening the immune system, reducing stress, and more.