

2nd Annual Mindfulness in Society Conference

Presented by NHTI—Concord's Community College

Friday, September 13, 1-7 pm

Saturday, September 14, 8 am – 4 pm

NHTI—Concord's Community College is a leader in integrating mindfulness into higher education and our work has attracted the attention of some of the biggest names in the field of mindfulness. Practicing mindfulness helps people succeed academically and professionally, thrive at a personal level, live satisfying lives, and connect with themselves and others. During this conference, we will explore how mindfulness can be used in business, healthcare, education, and personal relationships to benefit our lives and our society.

Anyone with an interest in mindfulness is invited to attend our 2nd annual Mindfulness in Society Conference whether this is your first time hearing about mindfulness, you want to deepen your practice, or you are hoping to connect with others in this community to share your ideas and experiences. This conference will sell out, so do not wait to secure your spot.

Friday Night Featuring Nationally-Known Speakers

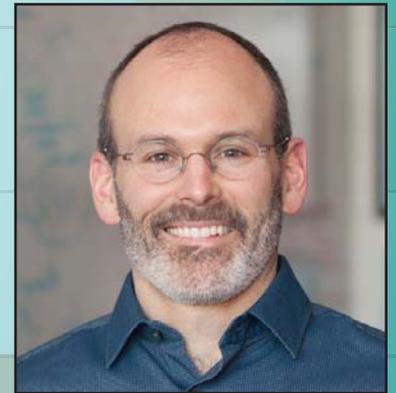


Congressman Tim Ryan - "A Mindful Nation in the Making"

Before being elected to Congress in 2002, Tim served in the Ohio State Senate and began his career in politics as a congressional aide in 1995. He is the author of *Healing America: How a Simple Practice Can Help Us Recapture the American Spirit* and *The Real Food Revolution: Healthy Eating, Green Groceries, and the Return of the American Family Farm*.

Judson Brewer - "How Mindfulness Helps Us Work With Our Craving Minds"

As the Director of Research and Innovation at Brown University's Mindfulness Center, Judson is an internationally known thought leader in the field of habit change and the "science of self-mastery" with over 20 years of experience in the mindfulness field. He is the author of *The Craving Mind: From Cigarettes to Smartphones to Love, Why We Get Hooked and How We Can Break Bad Habits*.



Rhonda Magee - "The Inner Work of Racial Justice"

As a student of a wide variety of Buddhist and other wisdom teachers, including Norman Fischer and Jon Kabat Zinn, Rhonda trained as a mindfulness teacher through the Oasis Teacher Training Institute of the University of Massachusetts Center for Mindfulness. She is Professor of Law at the University of San Francisco and is an internationally-recognized thought and practice leader focused on integrating Mindfulness into Higher Education, Law and Social Justice.



Saturday conference speakers are leaders in how mindfulness integrates into business, healthcare, education, and everyday society, with over 16 sessions to choose from.

For full conference schedule and registration information visit: www.nhti.edu/mindfulness_conference



For more information contact:
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