



“Mindfulness Meditation for Interpreters” (0.3 CEU PS)

HIPPA (0.1 CEU PS – only credited once yearly)

DeafConnect and MTRID present Dr. Robert Baldwin, Ph.D., a Licensed Clinical Psychologist who has been professionally trained in mindfulness based stress reduction. Dr. Baldwin works at the Memphis VA Medical Center and also has a private practice.

Mindfulness Meditation is the practice of cultivating non-judgmental awareness in everyday life. This workshop is based on the stress reduction program at the University of Massachusetts Medical Center. Mindfulness Meditation has been shown to be effective for alleviating symptoms of stress and stress-related illnesses, such as anxiety, headaches, depression, cancer, chronic pain, and more.

**Join us! June 21, 2014 at DeafConnect
11 am – 3 pm**

Registration \$20 (includes light lunch)

DeafConnect 144 N Bellevue Blvd Memphis, TN 38104 901-278-9307