This informal group discussion and experiential workshop will explore issues related to aging and how to proceed through midlife and beyond with joy and ease. Mindfulness and self-compassion principles and practices can provide a foundation for living well with joy, ease, and courageous acceptance.

Thursday, April 17, 2014; 4:00 – 5:30 p.m.

McLeod Hall, room 2015

*Please note: Seating is limited, so arrive early to secure a spot.

Facilitator bios:
Lois Howland, DrPH, MSN, is Associate Professor in the Hahn School of Nursing and Health Science, University of San Diego, and a teacher of mindfulness-based stress reduction through the Center for Mindfulness, University of California San Diego.

Susan Bauer-Wu, PhD, RN, FAAN, is Kluge Professor in Contemplative End-of-Life Care and director of the Compassionate Care Initiative at the University of Virginia School of Nursing.