

First Annual
**Morning with the Experts:
Healthy Minds and Education**

Participants will learn and ask questions about the relationship between neuroscience research and learning in the classroom. Researchers and staff from the Center for Investigating Healthy Minds (CIHM) at the Waisman Center will present research studying the effects of mindfulness in preschool and elementary classrooms. The presentations will be followed by an interactive panel discussion with educators involved in the research.

Saturday, May 21, 2011 • 9:00 a.m. - 12:00 p.m.

(Complimentary coffee, bagels, and donuts at 8:30 a.m.)

Friends of the Waisman Center Auditorium

1500 Highland Avenue, Madison WI 53705

FREE ADMISSION & PARKING • AVAILABLE TO VIEW ONLINE

• REGISTRATION REQUIRED. VISIT www.investigatinghealthyminds.org/cihmEvents.html

• 9:00 a.m. – 9:15 a.m.

“Welcome and Introduction to the Waisman Center”

–Marsha Mailick Seltzer, PhD, Waisman Center Director; Vaughan Bascom and Elizabeth M. Boggs Professor

• 9:15 a.m. – 9:45 a.m.

“The Adolescent Brain: Implications for Contemplative Neuroscience”

–Richard J. Davidson, PhD, CIHM Director; Vilas Professor of Psychology and Psychiatry

• 9:45 a.m. – 10:15 a.m.

“The Consequences of Stress on Your Brain and Body: Working Toward an Optimal State for Learning and Leading”

–Melissa Rosenkranz, PhD, Assistant Scientist, CIHM

• 10:15 a.m. – 10:45 a.m.

“Mindfulness in Education”

–Lisa Flook, PhD, CIHM Assistant Scientist and Laura Pinger, MS, Sr. Outreach Specialist, CIHM

• 11:15 a.m. – 12:00 p.m.

“Perspectives from the Schools”

– A panel discussion with educators who have incorporated mindfulness based research in their classrooms



This event is supported by a grant from the Friends of the Waisman Center.