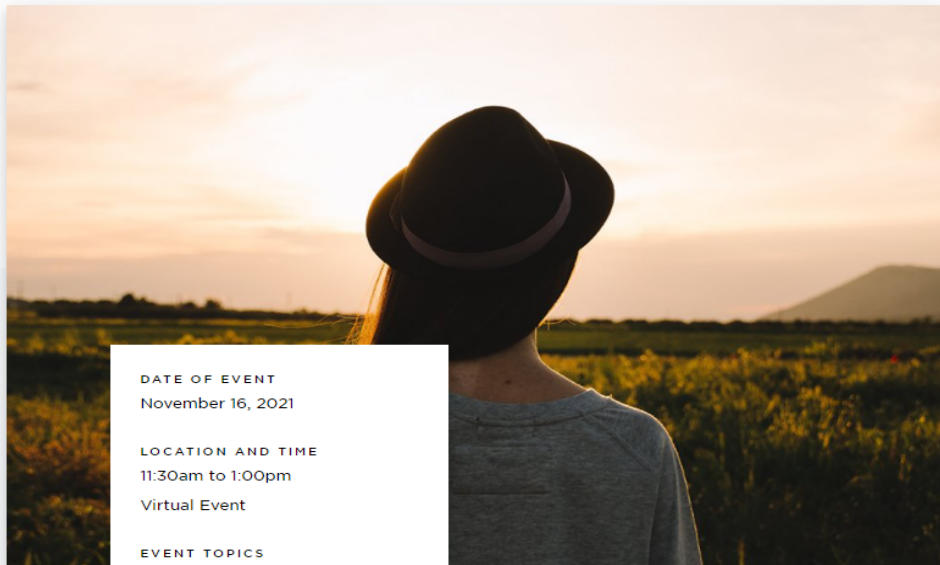


# Presentation: Mindfulness as a Wellness Modality



DATE OF EVENT  
November 16, 2021

LOCATION AND TIME  
11:30am to 1:00pm  
Virtual Event

EVENT TOPICS  
[Academics, Alumni](#)

## Mindfulness as a Wellness Modality

Sponsored by UC's [Institute for the Study of Integrative Healthcare](#) and the [American College of Healthcare Executives \(Central New York Chapter\)](#)

Presented by Sharon L. Kanfoush, C-IAYT, ERYT500, this virtual presentation will focus on the concept and process of "mindfulness," which will include what mindfulness is, what it isn't, and how it can be used to support our individual health and well-being. Participants will be able to distinguish "mindfulness" from other meditation practices and describe scientifically-supported benefits and contraindications of mindfulness.

### Learning objectives:

1. Define mindfulness and describe what it is and what it isn't.
2. Describe a brief history of "mindfulness" and how it fits into a structure of well-being.
3. Distinguish between "mindfulness" and other practices.
4. Explain basic "mindfulness" practices.
5. Describe scientifically-supported benefits and contraindications of mindfulness practices.

This virtual program is free and open to the public. Pre-registration is required:

**Registration Link:** [https://utica-edu.zoom.us/webinar/register/WN\\_iYa-c1qxR2q4PdMdn7AtKg](https://utica-edu.zoom.us/webinar/register/WN_iYa-c1qxR2q4PdMdn7AtKg)

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