



Promoting wellness of mind, brain and spirit, fostering creativity, and enhancing social connectedness throughout the UCLA community

# UCLA MIND WELL WEEK

MindWell@ucla.edu ~ <https://www.facebook.com/events/638257946190528/?ref=22>  
*all events are FREE with a couple exceptions (\*\*)*

## Monday, April 22

Faculty Wellness Table, 11am-1pm (Reagan Hospital: B-Floor, near pharmacy)  
Drop in Mindfulness Meditation, 12:30 – 1pm (Reagan meditation room in lobby)  
Drop in Mindfulness Meditation, 1:15 - 1:45pm (Ackerman 2408)  
Coping with Smoking Cessation, 1 – 2:30pm (Ashe Center Conference Room)

## Tuesday, April 23

Faculty Wellness Table, 11am-1pm (Reagan Hospital: B-Floor, near pharmacy)  
Mindful Awareness and Stress Management: Science & Practice, 12 – 1:30pm (Ackerman 2408)  
Wellness, Resilience, and Aging, 2-3pm (Ackerman 3517)  
Finding Meaning in Medicine for Faculty, 5-6pm (200 Med Plaza, Rm. 347)  
Drop in Mindfulness Meditation, 5:15- 5:45pm (Counseling and Psychological Services, John Wooden Center West, Rm. 1402)

## Wednesday, April 24

Faculty Wellness Table, 11am-1pm (Reagan Hospital: B-Floor, near pharmacy)  
Mind Well Table, 11am – 1pm (UCLA Intramural Field)  
Mindfulness Meditation Table, 11am – 1pm (UCLA Intramural Field)  
Drop in Mindfulness Meditation, 12:30-1pm (Powell Library 2d floor)  
Healthy Sexuality, 1:30-3pm (Ackerman Viewpoint Conference Rm. )  
How to Manage Stress and Build Resilience, 3-4pm ( Ackerman Viewpoint Conference Rm.)

## Thursday, April 25

Faculty Wellness Table, 11am-1pm (Reagan Hospital: B-Floor, near pharmacy)  
Brain Food, 11am – 12:30 (Ackerman 2408)  
Drop in Mindfulness Meditation, 12:30 – 1pm (Hammer museum)  
Mindfulness/Performance Art, 1p – 2pm (Meet by the Bruin Bear)  
Sleep Well, 2p – 3pm (Ackerman 2408)  
Finding Meaning in Medicine for Faculty -- Women's Group, 5-6pm (NPI, Rm. C8-177)  
Autism: The Musical + Q & A with Elaine Hall, 5-7pm (300 Med Plaza, Marisa Leif Rm 3200)  
Science & Food, 7-8:30pm (Royce Hall) \*\*

## Friday, April 26

Faculty Wellness Table, 11am-1pm (Reagan Hospital: B-Floor, near pharmacy)  
Brain Gym Demonstration, 12-2pm (Semel Institute; Rm. C8-222)  
Brain-Mind Modification: Optimal Practices & New Technologies, 3-5pm (Young Research Library Auditorium)  
Dining in the Dark, 6-7:30pm, (Ackerman Viewpoint Conference Rm.)  
Yoga & Sacred Dance w/ Eva Clay, 8:15-10pm (Ackerman Viewpoint Conference Rm.)

## Sunday, April 28

Music & the Mind: A Symphony of Art & Science, 5pm (Beverly Wilshire Hotel) \*\*

## June 24 - Aug. 2: 6 weeks - 12 credits

UCLA Brain-Mind-Wellness Summer Institute; see UCLA registrar for more info.

*Please visit our website for even more events and updated event details.*