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.