

BRAIN FIT CLUB

Meditation Group

“Meditation is not meant to help us avoid problems or run away from difficulties. It is meant to allow positive healing to take place. To meditate is to learn how to stop—to stop being carried away by our regrets about the past, our anger or despair in the present, or our worries about the future.”

–Thich Nhat Hanh

For hundreds of years, meditation has been used to achieve peace, tranquility, and relaxation. Research studies demonstrate that meditation and mindfulness can have a profound, positive impact on the brain. This 8-week group will help participants learn skills to meditate, manage stress, and improve wellbeing. Sessions are co-led by Tsering Yodsampa, a Buddhist Lama and BIDMC Chaplain, as well as Lisa Cohen, Social Work Team Leader.



When:

Tuesdays, 11:00AM – 12:15 PM,
Jan. 7 – Feb. 25

Where:

Cognitive Neurology Unit,
Kirstein 2nd Floor, BIDMC East
Campus

Register:

617-667-4074

*Group covered by most health
insurance behavioral health benefits*