

Put Your Mind to It!

Relax, Renew, Rejuvenate
with Mindful Practices

Saturday
October 1, 2011
9:30 am-1 pm
Main Library

Memory Fitness Matters: What You Need to Know!

Presented by: Kathryn Kilpatrick M.A, President of Communication Connection and Memory Fitness Matters

9:30-10:30 am Main Library Meeting Room 2

Spend a lot of time looking for misplaced items? Forgot why you went into a room? Have trouble thinking of a specific word? Cannot recall a person's name? Lose your train of thought? Want to learn more about the keys to memory fitness and some effective memory strategies? Interested in understanding how to upgrade your current memory fitness routine? Join us for an interesting, inspirational and informative program. To learn more about this program, visit www.connectionsincommunication.com



Mindful Eating 101

Presented by: Susan Albers, PsyD, author and psychologist

10:45-11:45 am Main Library Auditorium

We all mindlessly eat from time to time. It's difficult to live in a world that is constantly pushing us toward food. Mindful eating is an innovative new way to eat that can improve your health without dieting. Dr. Albers shares tips on how to beat stress eating, holiday overeating and stop eating when you aren't really hungry. In this lecture, you learn the art of eating chocolate and the other foods you love in

a mindful way. Dr. Albers has books for sale and they are available for author signings after her program. Visit www.eatingmindfully.com for more information on this topic.

A Taste of Mindfulness for Stress Reduction

Presented by: Maureen Sloan, Psychiatric Nurse Practitioner, Akron General Medical Center

12 -1 pm Main Library Meeting Room 2

A Taste of Mindfulness is a first step on the path to integrating practical, mindfulness-based stress reduction skills into everyday lives. Program participants will engage in a range of mindfulness practices and exercises intended to tap their innate capacity to learn how to: identify and reduce stress, increase feelings of compassion toward others, respond rather than react in the midst of complex, highly charged situations, enhance concentration, clarity, and creative thinking.



Please contact Science & Technology at 330-643-9075 or stdiv@akronlibrary.org to reserve your space in any of these classes.

All classes are free and open to the public. Interpretive services are available, please inquire in advance. Free parking is available on Saturdays in the High/Market Street Deck.



330-643-9075

**Akron-Summit County
Public Library**

Science & Technology Division
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www.akronlibrary.org