

University of Lethbridge Retired Academic Staff Association
invites you to a virtual presentation.

MINDFULNESS & Its Benefits

Dr. Toupey Luft is a practicing psychologist who uses contemplative, mindful and creative practices in her work. Toupey is an Assistant Professor in Addictions Counselling in the Faculty of Health Sciences, University of Lethbridge.

When: Friday November 25 2022 at 12:00 noon (Alberta time)

You've likely heard of mindfulness in the last few years. The field is growing – from self-help magazines at the grocery store to increased academic focus, mindfulness is everywhere! In this talk, we will briefly explore what mindfulness is, how it can help us as we navigate life post-pandemic, and some of the cautions that come along with its use. There will be an opportunity to engage in some practice along with this talk if you choose.

Register [Here](#) to receive the Zoom Link

*This talk is not meant to substitute for psychological services or therapy

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