



Mindfulness and Meaning in Life

With Dr. Nikolett Eisenbeck, visiting professor from our partner
Károli Gáspár University, Budapest, Hungary

Bring your lunch on Thursday, April 11, and join us from 12 – 1 PM in AH100

Mindfulness and meaning in life can both contribute to psychological well-being and are implemented in different forms of psychotherapy. In this workshop, you will learn:

- *Mindfulness, meaning in life and their importance.*
 - *Integration of mindfulness and meaning in life.*
 - *Experimental studies about mindfulness, meaning in life, and Acceptance and Commitment Therapy.*
 - *Simple exercises that can be used in your daily life.*
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Register Online or by email: Wellness@uleth.ca