

Please join the Mindfulness in Medicine Interest Group
at the Yale School of Medicine for

USING MINDFULNESS EPIDEMIOLOGY TO IMPROVE MAJOR HEALTH OUTCOMES



Learn about the research behind mindfulness
interventions, such as Mindfulness-Based
Blood Pressure Reduction, and their role in
public health!

presented by
Dr. Eric Loucks

7 pm
April 27, 2022

Please register for the event [HERE](#):

<https://cglink.me/2dA/r1589387>

Zoom Meeting ID: 97413673107

Password: 670830

Eric B. Loucks, PhD, is a professor, researcher, and pioneer in the study of mindfulness and health. As director of the Mindfulness Center at Brown University, Loucks teaches mindfulness-based interventions and leads high-quality, methodologically rigorous research to investigate the science behind mindfulness and its impact on health and well-being. An expert in aging-related research, he optimizes mindfulness programs to specific age groups.

He is the lead developer of Mindfulness-Based College (MBC), and has received numerous research grants from the National Institutes of Health to evaluate the effectiveness of mindfulness-based interventions, including MBC and Mindfulness-Based Blood Pressure Reduction (MB-BP). Dr. Loucks' book entitled *The Mindful College Student* (New Harbinger Publications) was released in April, 2022. Over the course of his career, he has held teaching positions at Harvard, McGill, and Brown Universities. Loucks has practiced mindfulness for more than 20 years.