Be there for the first SUNY-funded scholarly conference to foster research and education on mindfulness across the disciplines.

Mindfulness is a cognitive training process that enhances awareness, attention, and the ability to bring mental and emotional processes under greater voluntary control. Over the last 25 years, research in a multitude of fields including neuroscience, medicine and the health sciences, psychology, and education has demonstrated far-reaching benefits of mindfulness on health, learning, and well-being, including:

- Ameliorating symptoms of chronic illness
- Enhancing mental health as a therapy for anxiety and depression
- Increasing focus, attention, and critical thinking
- Improving academic learning
- Improving social well-being by managing emotions and instinctive reactions
- Managing stress and stress-related disease

But much more remains to be learned. This conference will convene the many state-wide SUNY projects on contemplative pedagogy, mindfulness-based stress reduction techniques (MBSR), mindfulness-based cognitive therapy (MBCT), and other research to identify the range of existing SUNY work on mindfulness, identify gaps in the research, and begin to develop a SUNY-wide research agenda on mindfulness and all forms of well-being.

Click here to learn more.
Registrant check-in and light breakfast for this one-day conference will begin at 8:30 a.m. on March 4, 2016 at the Center for the Arts at the University at Buffalo, State University of New York. The Center for the Arts is located on the University’s North Campus.

Blocks of rooms are reserved at the nearby Comfort Inn Amherst ($85/night), Candlewood Suites Amherst ($95/night), and the Buffalo Marriott Niagara ($134/night; includes airport shuttle). When you reserve a room at either the Comfort Inn or Candlewood Suites, be sure to mention “UB’s Mindfulness & Health Conference” to receive the conference rate.

Click here for directions to the University and here for a map of North Campus, including bus routes. You can park free on-campus at the Center for Tomorrow, with shuttle service via the Orange Line/Campus Shuttle to the Center for the Arts.

Register online by February 15 for the lowest registration cost – $20. To decrease congestion at the door, we ask that you mail in your payment as soon as possible. To facilitate this process, registration after February 15th as follows:

- Online registration after February 15 - $25
- Limited walk-in registrations will be available - $30

Watch Jon Kabat-Zinn, Ph.D. (University of Massachusetts Medical School), founder of Mindfulness-Based Stress Reduction (MBSR), discuss one definition of mindfulness here.
U.S. expenditure on health care is greater than any other country, yet statistics related to life expectancy and other health and well-being indices are disproportionately low.

Chronic disease is the leading cause of death and disability in the U.S. New York’s medical and healthcare dilemma mirrors that of our nation; its costs are overwhelming our state budget.

A shift in focus from illness to prevention and wellness is paramount. Such a shift requires the collective research, activism, and organization of individuals and groups across campuses, institutions, disciplines, cultures, and ethnicities, from practitioner and pedagogical perspectives.

Fostering multidisciplinary research and education in mindfulness across the SUNY system will provide a foundation for New York State to lead in the development of solutions not only for our nation’s burgeoning chronic health problems but also for global health concerns.

### Conference Schedule—March 4, 2016, Center for the Arts, University at Buffalo

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30 - 9:00 am</td>
<td>Registration, Poster Set-up, Continental Breakfast</td>
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<tr>
<td>9:00 – 9:30 am</td>
<td>Opening Meditation&lt;br&gt;Dr. Bharat Jayaraman&lt;br&gt;Professor of Computer Science &amp; Engineering, University at Buffalo&lt;br&gt;Welcome&lt;br&gt;Dr. Dennis Black&lt;br&gt;Vice Provost for Student Affairs, University at Buffalo&lt;br&gt;Opening Address&lt;br&gt;Joseph Belluck, Esq.&lt;br&gt;Trustee, State University of New York</td>
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<tr>
<td>9:30 - 10:45 am</td>
<td>Keynote Address &amp; Discussion&lt;br&gt;Contemplative Pedagogy in the 21st Century University: A Research Agenda&lt;br&gt;Dr. Daniel Barbezat&lt;br&gt;Professor of Economics, Amherst College&lt;br&gt;Executive Director, Center for Contemplative Mind in Society</td>
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<tr>
<td>10:45 - 11:00 am</td>
<td>Break</td>
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<tr>
<td>11:00 – 12:15 pm</td>
<td>Parallel Panel Sessions&lt;br&gt;• Clinical Education &amp; Training of Healthcare Professionals&lt;br&gt;• Mindfulness &amp; Campus Services</td>
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<tr>
<td>12:15 - 1:30 pm</td>
<td>Lunch</td>
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<tr>
<td>12:45 - 1:30 pm</td>
<td>Poster Session</td>
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<tr>
<td>1:30 - 2:45 pm</td>
<td>Keynote Address &amp; Discussion&lt;br&gt;Neuroscientific Assessment of the Impact of Mindfulness on Brain Functioning&lt;br&gt;Dr. David Vago&lt;br&gt;Professor of Psychology and Neuroscience&lt;br&gt;Brigham &amp; Women’s Hospital&lt;br&gt;Harvard Medical School</td>
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<tr>
<td>2:45 - 3:00 pm</td>
<td>Break</td>
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<tr>
<td>3:00 – 4:15 pm</td>
<td>Parallel Panel Sessions&lt;br&gt;• Mindfulness-Based Interventions for Health Promotion &amp; Disease Prevention&lt;br&gt;• Mindfulness &amp; Education</td>
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### Why Mindfulness & Health?

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4:15 – 5:00 pm  Closing Session, Networking & Refreshments

For a healthy and mindful New York ... Stronger higher education ... A more just and resilient society

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mindful@buffalo.edu