

The Art and Science of Awareness

Conversations on the cutting edge of mindfulness research.

Join any of the sessions below: <https://bit.ly/40VZPvy>

Access recordings of past sessions: [youtube.com/mindthemoment](https://www.youtube.com/mindthemoment)

Learn more about all our no-cost virtual offerings: Point32Health.org/LivingWell



David Vago | Tuesday, January 28, 12:00 p.m. - 12:30 p.m.

David Vago is a thought leader in mind-body health and neuroscience, committed to enhancing human flourishing. He transforms cutting-edge science into insights, products, and therapies with the potential to improve our everyday lives.

[Learn more about David Vago.](#)



Emma Seppälä | Tuesday, February 25, 12:00 p.m. - 12:30 p.m.

Emma Seppälä, Ph.D., is a psychologist and researcher who studies the science of happiness, emotional intelligence, and social connection. Her best-selling books include *The Happiness Track* and *Sovereign*, which puts forth a roadmap for living a free, happy, and authentic life.

[Learn more about Emma Seppälä.](#)



Chris Willard | Tuesday, March 25, 12:00 p.m. - 12:30 p.m.

Dr. Chris Willard helps individuals and families navigate anxiety, depression, and stress-related disorders. His books include works on teaching mindfulness to kids and teens, and self-compassion practices for post-traumatic growth.

[Learn more about Chris Willard.](#)



Susan Bauer-Wu | Tuesday, April 29, 12:00 p.m. - 12:30 p.m.

Susan Bauer-Wu is a clinician, researcher, mindfulness teacher, and former president of the Mind & Life Institute. Her books present strategies for skillfully responding to the climate crisis, and for using mindfulness practices to support living fully with serious illness.

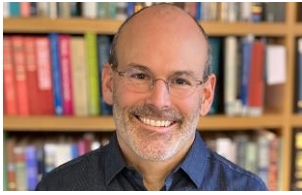
[Learn more about Susan Bauer-Wu.](#)



Chris Germer | Tuesday, May 27, 12:00 p.m. - 12:30 p.m.

Chris Germer, PhD is a clinical psychologist and lecturer at Harvard Medical School. The Mindful Self-Compassion program he co-authored has been taught to over 250,000 people. His latest book is *Mindful Self-Compassion for Burnout: Tools to Help You Heal and Recharge When You're Wrung Out by Stress*.

[Learn more about Chris Germer.](#)



Jud Brewer | Tuesday, June 24, 12:00 p.m. - 12:30 p.m.

Dr. Jud Brewer is a behavior change expert whose books and apps provide data-driven techniques for managing anxiety, stress eating, smoking, and more. His latest best-selling book, *The Hunger Habit*, is the basis for a webinar series freely available at [Point32Health's Hunger Habit Hub](#).

[Learn more about Jud Brewer.](#)



Amishi Jha | Tuesday, July 29, 12:00 p.m. - 12:30 p.m.

Dr. Amishi Jha is the best-selling author of *Peak Mind: Find Your Focus, Own Your Attention, Invest 12 Minutes a Day*. Her innovative mindfulness-based training program has been used by elite athletes, first responders, and the U.S. military, and is the basis for Point32Health's freely available [Peak Mind Challenge](#).

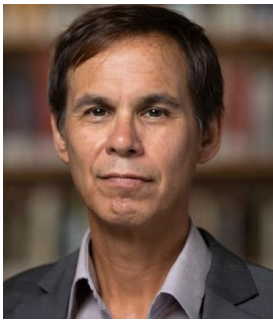
[Learn more about Amishi Jha.](#)



Sona Dimidjian | Tuesday, August 26, 12:00 p.m. - 12:30 p.m.

Sona Dimidjian is a Professor in the Department of Psychology and Neuroscience at the University of Colorado Boulder. Her books and research focus on preventing depression among new and expectant mothers, promoting healthy body image and leadership among young women, and enhancing mindfulness and compassion among youth, families and educators.

[Learn more about Sona Dimidjian.](#)



Jeffrey Proulx | Tuesday, September 30, 12:00 p.m. - 12:30 p.m.

Jeffrey Proulx is an assistant professor at Brown University, affiliated with the Mindfulness Center. His research is dedicated to exploring how mindfulness mitigates the impact of stress and life events in diverse communities, such as Indigenous and Black communities, high-risk adolescent populations, and among police officers and first responders.

[Learn more about Jeffrey Proulx.](#)



Rhonda Magee | Tuesday, October 28, 12:00 p.m. - 12:30 p.m.

Rhonda V. Magee is a Professor, Emeritus and founding Director of the Center for Contemplative Law and Ethics at the University of San Francisco. Her writings address using mindfulness in legal education and on teaching about race, including her book *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*.

[Learn more about Rhonda Magee.](#)



Melissa Rosenkranz | Tuesday, November 25, 12:00 p.m. - 12:30 p.m.

Melissa is a neuroscientist at the University of Wisconsin. Her research investigates the biology underlying brain-immune interactions using brain imaging and biomolecular tools. She addresses questions related to the impact of chronic inflammation on emotion, cognition, and brain health, and examines the utility of contemplative interventions for influencing these relationships.

[Learn more about Melissa Rosenkranz.](#)