

RMHAS - Richmond Hospital Department of Psychiatry Monthly Grand Rounds

“Mindfulness Meditation: Benefits for the Older Adult”

**Presented by Dr Alexander Leung
PGY-III Resident in Psychiatry, University of
British Columbia**

Moderated by Dr. Harry Karlinsky
Coordinator of Medical Education/Professional Development
Richmond Mental Health and Addiction Services

Learning Objectives: By the end of the presentation, attendees will be able to:

- 1) Describe mindfulness meditation
- 2) Discuss the benefits of meditation for the cognitive, emotional and physical health of older adults
- 3) Review neurophysiological findings associated with the potential benefits of meditation

Location:

Richmond Hospital
Ralph Fisher Auditorium-Main Floor-New Building
7000 Westminster Hwy, Richmond, B.C.

Date and Time:

Wednesday, April 16, 2014

Continental Breakfast*: 8:00 a.m.

Lecture: 8:30 – 9:30 a.m.

Open to all physicians, staff and invited guests
RMHAS - Richmond Hospital Department of Psychiatry Monthly Grand Rounds
are held the 3rd Wednesday of each month. Time: 8:30-9:30 a.m.

For more information please call 604-244-5144

*Courtesy of Richmond Hospital's Dept of Psychiatry Education Fund

This event is an accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians & Surgeons of Canada. This program has been accredited by The College of Family Physicians of Canada and the BC Chapter for up to 1 Mainpro-M1 credits.