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Jan. 14

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## Ready for a lunch break? Invite your colleagues and join us for Learn at Lunch!

### Mindfulness with MARC



Join us to learn the basics of mindfulness for self-care and stress management with [UCLA Mindfulness Awareness Resource Center \(MARC\)](#).

**MARC** was created to bring to a renowned mental health research institution the ancient art of mindful awareness in a scientifically supported and rigorous form.

**Mindfulness** is the art of openly and actively paying attention to experience in the present moment. This approach has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and wellness.

This workshop will engage participants in several experiential practices where they will explore the basics of mindfulness meditation as well as methods to cultivate positive emotions, with special emphasis on reduction of stress.

### **What to Expect**

PowerPoint lecture, experiential exercises (meditation, interactive exercises), Q&A

### **About the Presenter**

**Marvin G. Belzer, PhD**, has taught mindfulness meditation for twenty years. He is an Adjunct Associate Professor in the UCLA Department of Psychiatry and Biobehavioral Sciences. For many years he taught a semester-long meditation course in the Department of Philosophy at Bowling Green St. University, where he was an Associate Professor of Philosophy. He teaches an undergraduate course at UCLA (Psychiatry 175: Mindfulness Practice and Theory) and teaches mindfulness in many different venues in Los Angeles.

**Date: Thursday, January 17, 2019**

**Time: 12:00pm - 1:00pm**

**Location: JD Morgan Athletic Center Press Room**

[RSVP for this Learn at Lunch.](#)

## **UCLA Faculty Center**

This month we are partnering with the [UCLA Faculty Center](#) to learn about how this place can enhance your daily life on campus.



Conveniently located on the eastern side of the campus, the **UCLA Faculty Center** has served the Bruin community for nearly 60 years, originally serving as a members-

only club where faculty meet up and dine with colleagues. It has continued its traditional role of being a gathering place for faculty for business and pleasure, but has in recent years extended its eligibility requirements to welcome all UCLA staff.

All their dining options are freshly made, and there are vegetarian and to-go options as well. It's a great place to have breakfast, lunch, after work small bites and drinks, or dinner with your friends, colleagues and family. Members can enjoy à la carte breakfast, lunch or dinner on the leafy patio of the Coral Grill. There are also plenty of indoor dining options, including buffet style lunch in the spacious mid-century style Main Dining Room.

The Faculty Center has many cozy spaces to relax or work in, including the Playa Lounge and the Billiards Room (they have a pool table!), and there are also large rooms to book for catered conferences, meetings, and celebrations.

Come discover how Faculty Center membership can enhance your campus experience at their special info session.

**PLEASE NOTE:** Sandwiches and a beverage will be served at this Learn-at-Lunch event, so please RSVP only if you plan on attending to ensure we have an accurate number of attendees when placing our food order. Thank you!

**Date: Wednesday, January 30, 2019**

**Time: 12:00pm - 1:00pm**

**Location: UCLA Faculty Center**

[RSVP for this Learn at Lunch.](#)



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