



# Meditation and Mindfulness

## Calming the Mind, Reducing Stress, And Optimizing Well-Being

**Elliott S. Dacher, M.D.**

### Fall 2015 Series

Each of us desires to be healthy, happy, and peaceful. We want to slow down our overactive mind, reduce stress, and touch into the sweetness of life. Is this possible? Can we self-create a vital and enduring well-being of body, mind, and spirit? The answer given by wise healers throughout time is a resounding *yes*. But to achieve this, we must learn how to accomplish this one-step-at-a-time.

For the past 7 years we have conducted an 8 week meditation and life skills training program at the Martha's Vineyard Hospital. Over 300 individuals and hospital staff have participated in this program.

At the conclusion of this program you will learn how to:

- **Access the knowledge, meditation skills, and daily practices** that will place you on a lifelong path to greater understanding, inner peace, and happiness
- **Free yourself from inner conflicts and afflictive emotions** by addressing the root cause of the overactive mind and mental stress
- **Discover your most authentic and essential self**, enabling you to live with more grace, confidence, creativity, purpose, and joy
- **Experience a seamless blending of being and doing** in your daily life
- **Identify and understand the qualities of Human Flourishing**, as they unfold through this traditional approach to inner development



Start Date: **Wednesday, September 30th, 2015**  
(8 Consecutive Wednesday Evenings)

Time: **6:00—8:15 pm**

Location: **Medical Staff Library (MV Hospital)**

**Class Fee:**

\$130 YMCA member\*  
\$75 MVH/WNR employee\*  
\$150 non-employee\*

\***Plus Course Text Book:** \$20

**Registration procedure:**

[MVHmeditation@partners.org](mailto:MVHmeditation@partners.org)

Mail check payable to MVH to Iryna Demedenko, Human Resources Clerk, P.O. Box 1477, Oak Bluffs, MA 02557. Include your email address/phone number and Iryna will confirm your registration by email or phone.

*Iryna can be reached at (508) 957-9479*