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## Mindfulness in Medicine and Healthcare: Integrative Medicine Grand Rounds

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## **Mindfulness in Medicine and Healthcare: Integrative Medicine Grand Rounds, February 4th**

Please join us for Integrative Medicine Grand Rounds on Tuesday, February 4, 2014 in 925 Chestnut Street, 2nd floor conference room from 8:00-9:00 am. ***Please note the venue for this exciting program.*** Diane Reibel, PhD. is presenting and the title of her presentation is: **Mindfulness in Medicine and Healthcare.**

Diane Reibel, PhD, co-founded the Jefferson Stress Reduction Program in 1996, which has evolved into a world class institute at the Myrna Brind Center of Integrative Medicine. Dr. Reibel is a Research Associate Professor at Jefferson, and she has published widely on the effects of Mindfulness-based Stress Reduction (MBSR) on physical and psychological health. She is co-author of *Teaching Mindfulness: A Practical Guide for Clinicians and Educators*.

Jefferson Medical College of Thomas Jefferson University is accredited by the ACCME to provide continuing medical education for physicians. Jefferson Medical College designates this live activity for a maximum of 1 *AMA PRA Category Credit(s)*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### ***Overall Goals and Objectives:***

1. Identify recent advances in integrative medical care and discuss their application to clinical practice.
2. Describe the latest data on complementary and alternative medical therapies that could improve patient outcomes.
3. Discuss core integrative medicine topics that patients frequently ask physicians about.

Looking forward to seeing you there! If you are unable to attend, you can view all of our Integrative Medicine Grand Rounds presentations on ([http://jdc.jefferson.edu/jmbcim\\_lectures/](http://jdc.jefferson.edu/jmbcim_lectures/))

Thank you.

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