



## FOR IMMEDIATE RELEASE

### CONTACT:

David Haney, Director of Strategic Communications  
University of Illinois College of Medicine at Peoria  
309.671.8404 | dhaney@uicomp.uic.edu

## Train your brain for well-being

**PEORIA** (Oct. 16, 2015) – You train your body for physical performance, so why not train your brain for well-being?

Guest speaker Dr. Richard Davidson, renowned neuroscientist and one of the world's leading experts on the impact of contemplative practices, such as meditation on the brain will present "Well-being is a Skill" at 6:30 p.m. Tuesday, Dec. 1 at Jump Trading Simulation & Education Center, 1306 N. Berkeley Ave.

Dr. Davidson's talk will consider scientific evidence that suggests people can change their brains by transforming their minds and cultivating habits that will improve well-being; characteristics such as happiness, resilience, compassion and emotional balance can be shaped and modified by experience and training; and mental training to cultivate well-being has profound implications for the workplace including its impact on leadership, creativity, employee health, productivity and collaboration.

Free and open to the public, the event is presented as part of the Swain Endowed Lectureship and sponsored by the University of Illinois College of Medicine at Peoria and the UIC Library of the Health Sciences. Living Healthy is aimed at promoting wellness, safety and preventive healthcare in central Illinois.

**WHAT:** "Well-being is a Skill"

**WHEN:** Tuesday, December 1

6:30- 7:30 p.m. Presentation, followed by Q&A

**WHERE:** Jump Trading Simulation & Education Center

1306 N. Berkeley Ave., adjacent to OSF Saint Francis Medical Center

**\*ALSO:** Seating is limited. RSVP to Kim at 309-680-8613 or by email at kdeets@uicomp.uic.edu.

Dr. Davidson is the founder and director of the Center for Investigating Healthy Minds at the Waisman Center, University of Wisconsin-Madison. Dr. Davidson, who received his Ph.D. from Harvard University in psychology, has published more than 320 articles, numerous chapters and reviews, and edited 14 books. He is the author (with Sharon Begley) of "The Emotional Life of Your Brain."

###