



**NICE**

National Initiative for the Care of the Elderly  
Initiative nationale pour le soin des personnes âgées

## Workshop Announcement:



# Using Mindfulness to Slow Down Cognitive Decline and Brain Aging: *An Evidence-Based Approach*

Wednesday, December 10, 2014

Session 1: 1:00pm- 4:00pm

Session 2: 6:00pm- 9:00pm

A workshop presented by:

**Todd Tran, MScCH, OTReg(Ont)** and **Amanda Wu, MScOT, OTReg(Ont)**

263 McCaul St., 4<sup>th</sup> Floor Classroom

Registration is **limited** to 25 participants per session.  
Light refreshments will be served.

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### About The Workshop

Mindfulness is an evidence-based approach that is used widely to promote an overall sense of well-being (from anxiety, low mood and life stressors). The scientific literature suggests that mindfulness can slow down the aging process, including cognitive decline. This workshop is particularly useful for students, clinicians, older adults, caregivers and those who would like to learn more about mindfulness, memory and brain health. By participating in this interactive workshop, participants will have a greater understanding of mindfulness and develop strategies to improve concentration, focus, memory and how to improve and preserve brain health.

**Objectives of the workshop:** 1) To increase understanding of mindfulness practices, 2) To have greater knowledge of the benefits of mindfulness meditation, and 3) To explore strategies to improve memory and brain health.



**Bio: Todd Tran** is an occupational therapist working both at Women's College Hospital and in private practice teaching Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT). Todd completed training in MBSR and also completed the Level 1 Certification in MBCT Facilitation from the Centre for Mindfulness Studies. Todd's area of interest is aging and how evidence-based mindfulness can be used as a strategy to preserve cognition.

**Bio: Amanda Wu** is a community-based occupational therapist who works collaboratively with clients and caregivers living with dementia to improve their management of daily activities and increase their independence. Amanda is a graduate of the Psychology program at McMaster University and a Master of Science in Occupational Therapy from the University of Toronto. Amanda is a certified Mindfulness-Based Cognitive Therapy (MBCT) facilitator and graduate of the MBCT practicum accredited by The College of Family Physicians of Canada.

In private practice, **Todd** and **Amanda** teach MBCT together in a variety of clinical settings and have offered workshops on evidenced-based mindfulness strategies for different clinical populations.

**For more information, please visit: <http://mbctprogram.wix.com/mbctprogram>**