

2018 Recovery Forum
Sponsored by the Massachusetts Behavioral Health Partnership/
Beacon Health Options



Integrating Mindfulness and Medicine: Complementary Practices for Wellness

Wednesday, April 25, 2018

[Best Western Royal Plaza Hotel and Trade Center](#)

[181 Boston Post Rd. W, Marlborough](#)

1 p.m. – 4:30 p.m.

Registration begins at 12:30 p.m.

Light refreshments will be provided.

Please join us for an afternoon of information and reflection on the integration of mindfulness with more traditional medical approaches to substance use disorders and mental health issues. This timely forum will feature **Darshan Mehta**, MD, Medical Director of the Benson-Henry Institute for Mind Body Medicine and **Carl Fulwiler**, MD, PhD, from the University of Massachusetts Medical School, alongside a diverse panel of speakers sharing their experiences with meditation, yoga, and other complementary paths to wellness.

This event is free, but registration is required.

To register, please visit: <https://www.surveymonkey.com/r/RecoveryForum2018>

For ASL interpretation or special accommodations, please contact Kaitlyn Sudol at kaitlyn.sudol@beaconhealthoptions.com or (617) 350-1952 by April 13, 2018.

Objectives:

- Identify ways mindfulness-based practices can increase self-activation
- Understand how offering mindfulness and other complementary approaches can increase engagement in the full array of behavioral health services (including persons from diverse cultural communities)
- Understand how to apply mindfulness techniques to reduce symptoms of anxiety, depression, and other behavioral health conditions
- Identify a variety of mindfulness-based practices

CEUs applied for: Nursing, Social Workers, LMHC, LMFT, LADC, CADAC