

# Lightning Round Speaker Series

Wednesday, September 28th | 12:00 pm - 1:00 pm  
Medical School Kornhauser Auditorium



**U of L** INSTITUTE FOR SUSTAINABLE  
HEALTH & OPTIMAL AGING

Join us for lunch. This active and participatory session, provided by the Institute for Sustainable Health & Optimal Aging in partnership with SMART's Wellness Task Force, will feature three interactive presentations on mind, body and spirit interventions that can help you age optimally across your lifespan. Lunch is provided and the registration link is here: <http://goo.gl/C25W3Z>

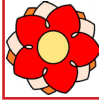


## Active Mind: Taste of KORU Mindfulness

The wisdom that accompanies aging can be nurtured by meditation practices which optimize our capacity for compassionate, clearly-focused and mindful living. Participants will experience two excerpts from the Koru Mindfulness classes & retreats available to UofL students, faculty and staff.

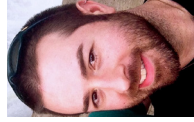


**Karen S. Newton, MPH, RD**, is Director of Health Promotion for UofL Campus Health Services and is a certified teacher of Koru Mindfulness and MB-Eating Awareness Training. She directs Wellbeing Central, a catalyst for services, initiatives & training that promote resilience, academic grit & wellbeing of students and the collective health of the campus.



## Active Body: Chair-Based Yoga

An experiential practice of yoga using a chair as a prop. Participants will experience various yoga asana (poses) that safely move the spine and limbs in various positions to promote health and function of the body.

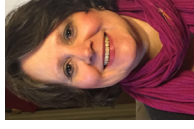


**Matt Harris, MSSW, LMFT**, is a licensed marriage and family therapist specializing in individual, couple, family, and LGBT therapy, and maintains a private practice in Louisville, KY. He holds degrees in psychology and sociology, as well as a master of science in social work from the University of Louisville.



## Active Spirit: Tai Chi - Inner Wisdom

Practicing Tai Chi integrates body, mind, and spirit by focusing on the breath, connecting to the moment, and moving to a series of choreographed postures. This form of focused exercise increases your awareness of distractions and connects you more fully to your inner wisdom, the voice of your spirit.



**Vanessa F. Hurst** is an intuitive coach with a master's degree in Natural Health. She is a teacher/practitioner of 5Element Form Tai Chi and author of *Engaging Compassion Through Intent and Action*.