



# *The Mindful Brain*

*Learn how mindfulness can help with brain functioning including cognition and emotional well-being.*

*with Dr. Jennifer Medina  
Clinical Neuropsychologist  
Rocky Mountain Neurobehavioral Associates*

This 2-hour workshop is designed for individuals experiencing neurological difficulty or those who wish to be their best selves from a cognitive and emotional standpoint.

Mindfulness practices have been shown to change the brain, improve emotions, and help with clearer and calmer thinking. This workshop will provide information about the effects of mindfulness practices on the brain. Attendees will leave with a deeper understanding of how to begin using mindfulness in their daily life for better neurological, emotional, and cognitive health.

**Monday, April 3<sup>rd</sup>, 2017 from 2:00pm-4:00pm**  
3333 S. Bannock St., Wells Fargo Building Englewood, CO

**Register \$35 per person**

Online: <https://squareup.com/store/register-medina>

Call: (720) 907-0420

Email: [jniehoff@MountainNeuro.com](mailto:jniehoff@MountainNeuro.com)



This 2-hr workshop is a pre-cursor to a 4-week class offered by Dr. Medina to help solidify mindfulness practices in your daily life. Attend the workshop and then sign up for the class! For more information visit [www.MountainNeuro.com](http://www.MountainNeuro.com). We look forward to having you join us!



ROCKY MOUNTAIN NEUROBEHAVIORAL ASSOCIATES

**Jennifer Medina, Ph.D.** received her Ph.D. in clinical psychology with a specialization in neuropsychology from Northwestern University's Feinberg School of Medicine. She has a passion for using mindfulness in her personal life and professional practice and offers neuropsychological assessment and individual psychotherapy in her private practice located in the Denver metro area. Please visit: [www.MountainNeuro.com](http://www.MountainNeuro.com) for more information.