

# CME Webinar

## Strengthening Attention with Mindfulness

Nationally Renowned  
Speaker!



**Amishi Jha, PhD**  
Professor, Dept of Psychology  
Director of Contemplative Neuroscience  
University of Miami

**Thursday, August 19, 2021**  
**6:00 – 7:30 pm**

To register:  
Email [CME@jupitermed.com](mailto:CME@jupitermed.com)  
or call (561) 263-3477

*Introduction by:*  
**Tihesha Wilson, MD, FACS**  
Medical Director, Comp. Breast Care Program  
Jupiter Medical Center

<b>Credits</b>	1.5 AMA PRA Category 1 Credit(s)™ or 1.5 CEU will be provided.
<b>Audience</b>	Open to all physicians, APPs and nursing staff.
<b>Goal</b>	To inform physicians about the brain and body benefits of mindfulness training.
<b>Objectives</b>	<p>Following this activity, participants will:</p> <ul style="list-style-type: none"> <li>• Describe mindfulness – what it is and prior research on its benefits.</li> <li>• Identify failed strategies of attempts to control mind wandering and rumination.</li> <li>• Practice mindfulness exercises to strengthen attention and curb mind wandering.</li> </ul>



**Financial Disclosure:**  
The presenters and planners of the program have no relevant financial relationships with ineligible companies.  
All relevant financial relationships have been mitigated.