



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™  
EL PASO

Office of Faculty Affairs  
Wellness Program



# FACULTY WELLNESS SERIES

## MINDFUL MEDITATION

Tuesday, August 25, 2020

Noon – 1:00 P.M.

WebEx Event

**Click the Link below to Register**

<https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=e1406bc7989f4126c269f040a8233142e>

### Learning Objectives

- Discuss and understand some of the neurobiological foundations of mindful meditation.
- Discuss and learn some basic techniques that will help develop mindful meditation as a coping mechanism.
- Practice a simple, short meditation session that will provide one example of mindful meditation.
- Discuss opportunities that are readily present in almost any setting to practice this valuable tool.



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**To claim CME credit**, participants must log on using their full name and remain logged on for the majority (minimum of half of the event), if not the entirety of the CME activity. Webex entry and exit time stamps will be used to validate attendance requirements. Certificates for CME sessions are only available upon request. Participants may request a credit transcript by emailing [cmeinfo@ttuhsc.edu](mailto:cmeinfo@ttuhsc.edu)

#### **CME Accreditation:**

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### **CME Credit Designation:**

The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### **Disclosure Policy:**

There are no relevant financial relationships with ACCME defined commercial interests for anyone who was in control of the content for this activity.

For more information contact the **Faculty Wellness Program:**  
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