



Registration is now open for the Mindful Healthcare Summit!

This is a new FREE online event for medical professionals, students, and administrators examining how mindfulness and compassion practices can help address the complex issues of chronic stress, emotional exhaustion, and systemic burnout. Participants will learn practical, evidence-based tools to support clinician well-being and improve patient care.

Click here to register for the free online summit, airing May 23rd - 27th,
<https://www.mindfulhealthcaresummit.com/>

Speakers for this **free event, May 23-27th, 2019**, include leading experts and researchers in medicine, mindfulness, and high-level innovators on the frontlines of healthcare reform, including:

- **Jon Kabat-Zinn, PHD:** Founder of Mindfulness Based Stress Reduction (MBSR)
- **Susan Bauer-Wu, PhD, RN:** Nursing professor, President, Mind & Life Institute
- **Congressman Tim Ryan:** Mindfulness advocate, 2020 Presidential candidate
- **Kristin Neff, PhD:** Author, *Self-Compassion: The Proven Power of Being Kind to Yourself*
- **Bobby Mukkamala, MD:** Member, AMA Board of Trustees
- **Ron Epstein, MD:** Author, *Attending: Mindfulness, Medicine and Humanity*
- **And many others!**

**Sessions will be available to access for 48 hours after their initial airing, allowing you to watch when it's most convenient for you. Watch just 1 talk or all 25+!*

The optional "Resource Package," gives life-time downloadable access to the program and additional resources. As a member of **Ka Huliau**, if you chose to purchase the Resource Package, take advantage of our community discount code when checking out. Just enter "**COMMUNITY50**".

The Mindful Healthcare Summit will offer practical, evidence-based tools to help medical professionals learn to:

- Introduce mindfulness and compassion practices to steady the mind into a balanced state of relaxed readiness in the midst of daily high-stress work
- Build sustainable, long-term resilience and work-life integration
- Develop compassion in work and among teams to build cultures that promote camaraderie, clarity, and health

- Address the roots of the burnout epidemic, and “air out” the very real, daily challenges that practitioners face working in healthcare
- Understand the best practices and most common pitfalls to avoid when bringing mindfulness into healthcare settings.
- Case studies and interviews with the experts and administrators who are making it happen in hospitals and universities across the US — including the cutting edge peer-reviewed research and case studies behind them.

Click here to learn more, or to sign up for the free online summit, airing May 23-27, 2019

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