

# Mind Over Matter: The Science of Meditation

with **Theresa Oswald, MD**

**April 28 – May 14**  
**Weekly Webinar**

---

## **Week I**

Tuesday, April 28

**7:30–8:45 p.m.**

**Orientation and Overview: Why Meditate?**

Thursday, April 30

**7:30–8:45 p.m.**

**Mind Over Matter: Mending the Body**

## **Week II**

Tuesday, May 5

**7:30–8:45 p.m.**

**Mind Over Matter: Tending the Mind**

Thursday, May 7

**7:30–8:45 p.m.**

**Mind Over Matter: Q&A and relaxation practicum**

## **Week III**

Tuesday, May 12

**7:30–8:45 p.m.**

**Mind Over Matter: Changing Our Mind**

Thursday, May 14

**7:30–8:45 p.m.**

**Wrap- up and Guided Meditation**