



## 2<sup>nd</sup> Annual Mindfulness Conference

**SAVE THE DATE!**

**Friday, October 21, 2016**

Co-Sponsored by Capital Region Education Council (CREC) and Central Connecticut State University

Held at Central Connecticut State University  
Institute for Technology & Business Development Building  
185 Main Street, New Britain, CT 06051

### **Mindfulness and Social Emotional Learning Keynote: Dr. Patricia Jennings**

Dr. Jennings is an Associate Professor of Education in the Curry School of Education at the University of Virginia. She is an internationally recognized leader in the fields of mindfulness and social and emotional learning. With extensive experience as a practitioner, teacher, and scientist, Dr. Jennings draws on research from the fields of neuroscience, psychology and education to promote improvements in school climate and student academic and behavioral outcomes.

Information and guidelines for submitting presentation proposals for the conference will be distributed on March 15, 2016, submission process will begin on April 1, 2016.  
You will be notified of proposal acceptance by June 1.

Visit our website [www.crec.org/mindfulness](http://www.crec.org/mindfulness)

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“Mind is a flexible mirror, adjust it, to see a better world.”  
— Amit Ray, *Mindfulness : Living in the Moment - Living in the Breath*