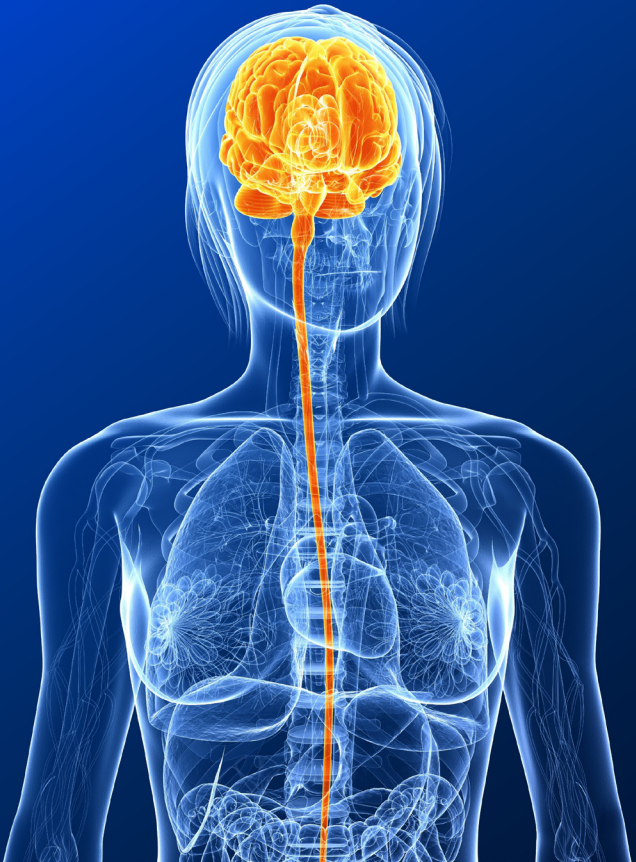


# The Mind/Body Connection: Your Health Is in Your Hands



How life choices impact your  
health and wellness

## Mini Medical School

Thursday

April 5, 12, 19 and 26

6:30-8:30 p.m.

Lehigh Valley Hospital-Cedar Crest

### **Session 1, April 5**

#### **Brain Mechanics**

The brain is a complex organ that guides our behavior and every action. Explore the different parts of the brain and how they work together to help your body function. Take a deeper look and examine the important connections between your brain and your body and discover why we behave the way we do.

### **Session 2, April 12**

#### **Take Heart**

Every day we make choices about what to eat, how much to exercise and how to manage the stress in our lives—all these choices impact our heart. Compare how a healthy heart functions to an unhealthy heart. Examine how obesity, stress and smoking affect your heart, and learn ways to make better choices to keep your heart healthy and strong.

### **Session 3, April 19**

#### **At Play and at Rest**

Whether you exercise every day or are a “weekend warrior,” exercise affects our minds and bodies in numerous ways. Explore what is happening inside your body as you move through the day, and learn what occurs inside the body and mind while you rest. Learn how to achieve adequate sleep and the affects that too much or too little can have on our behavior.

### **Session 4, April 26**

#### **Mind Over Matter**

We all have multiple sources of stress in our lives that include work, family and our health. Stress can motivate you to achieve your goals, but it also can negatively affect your sleep, diet, physical fitness and immunity. Learn how to alter your perception of stress and effectively manage the stress in your life through mindfulness-based exercises.



## **The Mind/Body Connection: Your Health Is in Your Hands**

A four-week series to help you understand the impact your diet, activity level, emotions, stress and aging have on your overall health and wellness. Take an in-depth look at what happens inside your body and mind when you make healthy choices that support good health.

## **What's a Mini Medical School?**

The Mini Medical School at Lehigh Valley Health Network is an annual community program that offers you a chance to gain in-depth, current medical knowledge from experts.

As a teaching organization, Lehigh Valley Health Network includes education as part of its mission, and our doctors and other medical staff members serve as the Mini Medical School faculty. They educate you—in layman's terms—about diagnostic, therapeutic and preventive topics in clinical medicine and scientific research.

Course content for all Mini Medical Schools is designed for anyone 14 years of age and older. At the end of the fourth session, participants earn a certificate of completion. Tuition is FREE; registration is required as space is limited. If you are interested in attending, please call **610-402-CARE**.

*This is not an accredited course or associated with the University of South Florida.*