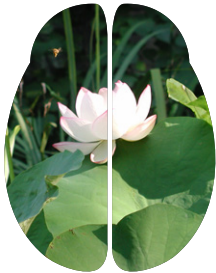


Stratton Lecture on Aging Successfully

Tuesday
April 21, 2015
4:30 pm – 6:30 pm



All welcome

This program is free and open to the public.

Wong Auditorium

The Tang Center
Building E51
70 Memorial Drive and
Wadsworth Street
Cambridge, MA



A source and resource for MIT women

Contact

Sis de Bordenave
617.253.3656
wleague@mit.edu
web.mit.edu/womensleague

Mindfulness, Creativity and Healthy Aging: New Science, Old Traditions

Join a Cognitive Neuroscientist, and the Directors of MIT's Media Lab and Dalai Lama Center to learn how Mindfulness Meditation can change our brains and enhance our lives



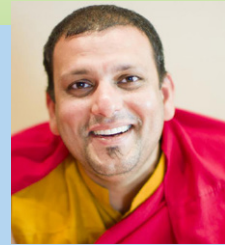
Maryanne Kirkbride



David Vago



Joichi "Joi" Ito



Tenzin Priyadarshi

A collaborative project of MIT's Medical Department, Age Lab and Women's League, the 2015 Catherine N. Stratton Aging Successfully Lecture brings together distinguished experts in the scientific study and contemporary practice of mindfulness meditation.

This ancient tradition has gained popularity in supporting creativity, focus and ethics at high tech companies and even MIT's own Media Lab. Drawing from current neuroscience research and Buddhist contemplative practices, the program will highlight new ways mindfulness practices are being used to support creativity, concentration, well being as well as healthy aging.

Moderator

Maryanne Kirkbride, Clinical Director for Campus Life, is the leader of Community Wellness at MIT Medical focusing on health and wellness programs serving the entire MIT community. Kirkbride will outline our topic and facilitate both the panel discussion and audience questions that follow the panelists' presentations.

Panelists

David Vago, PhD, Neuroscientist at Brigham and Women's Functional Neuroimaging Laboratory and instructor at Harvard Medical School, brings his study of mindfulness-based interventions in clinical settings. Vago will share his research on the basic neuroscientific mechanisms by which mindfulness-based practices function.

Joichi "Joi" Ito, Director of MIT's Media Lab, is currently exploring how radical new approaches to science and technology can transform society in positive ways. Soon after arriving at MIT, he sought to bring mindfulness meditation to the Media Lab. Ito will discuss the contribution that awareness and focus bring to creativity and innovation, and with Tenzin Priyadarshi, share experiences from their Fall, 2014 graduate seminar.

The Venerable Tenzin Priyadarshi, Founding Director of MIT's Dalai Lama Center for Ethics and Transformative Values, actively promotes contemplative learning beyond religious boundaries. The Center is dedicated to inquiry, dialogue and education on the ethical and humane dimensions of life. Its programs emphasize responsibility and examine meaningfulness and moral purpose between individuals, organizations and societies. Priyadarshi will take the audience through a guided mindfulness meditation.

A question and answer period will follow the presentations.

Mindfulness, Creativity and Healthy Aging: New Science, Old Traditions *continues the Catherine N. Stratton Lectures on Aging Successfully to honor Kay Stratton whose energy, grace and intelligence enriched the MIT community for more than seventy-five years. These lectures are designed to encourage attendees to become well-informed health advocates for themselves and their families.*



Massachusetts Institute of Technology
 77 Massachusetts Avenue, Room 10-342
 Cambridge, Massachusetts 02139-4307



First Class Mail
 U.S. Postage
Paid
 Cambridge, MA
 Permit Number 54016

**Stratton Lecture on
 Aging Successfully**

**Mindfulness, Creativity and Healthy Aging:
 New Science, Old Traditions**

**Tuesday
 April 21, 2015
 4:30 pm – 6:30 pm**



Join a Cognitive Neuroscientist, and the Directors of MIT's Media Lab and Dalai Lama Center to learn how Mindfulness Meditation can change our brains and enhance our lives



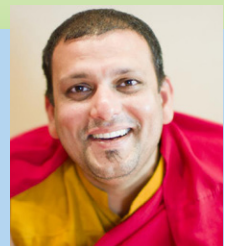
Maryanne Kirkbride



David Vago



Joichi "Joi" Ito



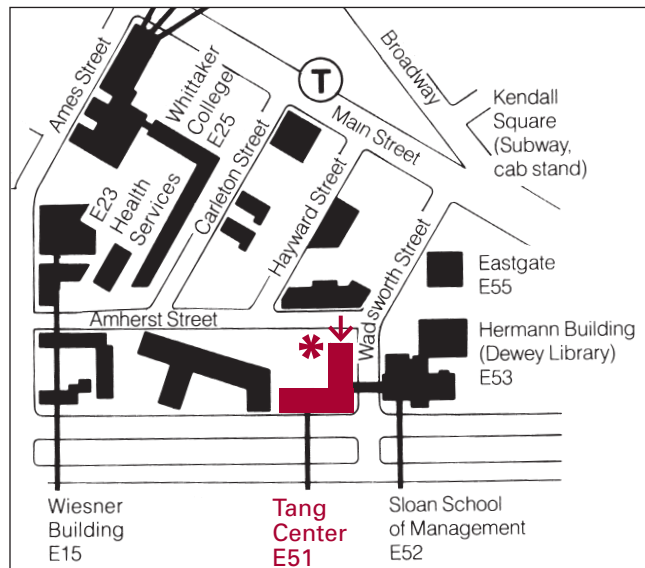
Tenzin Priyadarshi

**Wong Auditorium,
 The Tang Center
 Building E51**

The Tang Center can be reached by subway at the Kendall/MIT MBTA T-stop on the Red Line or by car.

Entering

The entrance to the Tang Center is on the corner of Wadsworth and Amherst Streets. Wong Auditorium is on the mezzanine level.



All welcome

This program is free and open to the public.

Parking

Garage parking is available on Ames Street behind Legal Sea Foods.