The Craving Mind:
From Cigarettes to Cupcakes to Smartphones, the Mechanisms Underlying How Mindfulness Helps Change Habits and Overcome Addiction

Friday, October 23, 2:00-3:00 p.m., via Zoom
Opioid Awareness Week

PRE-REGISTRATION FOR THE LECTURE IS REQUIRED*

ALL MAJORS AND MINORS ARE WELCOME!

Judson A. Brewer, MD PhD,
Associate Professor, Brown University
Director of Research and Innovation
Mindfulness Center

*Register at: https://weber.zoom.us/webinar/register/WN_bMf-clg0SJSY4jtnmKsnbw

Why are bad habits so hard to overcome?
Learn from Dr. Jud Brewer, Neurologist, Psychiatrist, Author and Ted Talk Speaker, as he discusses the underlying behavioral and neurobiological mechanisms of why habits are formed and how mindfulness can paradoxically tap into these very processes to uproot them.

Dr. Brewer will have a small group discussion immediately following the lecture from 3:15–3:45 p.m.
Limited to the first 10 students to email Dr. O'Hare at amindaohare@weber.edu