

## Monash Brain Awareness Day Events

We are recognising the 2013 Brain Awareness Week a little late this year, and delivering it to you in a bite sized chunk. Monash Brain Awareness Day will be on Wednesday 27<sup>th</sup> March, to run in conjunction with Student Survival week.

Our events however are not just on offer to students; we invite staff to participate too.

### Clayton campus

**12 – 1pm**

#### **The Art of Using Your Brain Wisely - Craig Hassed**

Although it may feel like it, the brain is not set in concrete. It is constantly adapting and wiring itself according to how we're using it. This interactive presentation will explore the expanding science on neuroplasticity and what it tells us about how we can understand, care for and use our brains more wisely.

Please register via: <https://my.monash.edu.au/news-and-events/bookings/hubs/view/58280>

**1:00-1:30pm – Airport Lounge (Building 10)**

#### **Smiling Mind – official launch**

[Smiling Mind](#) is a unique web and App-based program developed by a team of psychologists with expertise in Mindfulness Meditation and web-based wellness programs. Smiling mind stall will be set up between 10am and 2pm to answer your questions and provide more information about Smiling Mind

Dr Richard Chambers, one of the developers of the App and a Monash Mindfulness Consultant will run a short Flash Meditation at 1pm.

### Lunchtime mindfulness meditation special event

Monash Mindfulness Consultant, Dr Craig Hassed will be hosting a lunchtime mindfulness meditation session. The session will include interesting information on mindfulness, a mindfulness meditation practice and an opportunity to ask questions or troubleshoot mindfulness practice with an expert!

**When:** Friday 19th April, 1.15-1.45pm

**Where:** Narthex Room, building 9, Clayton campus

**Register:** via the [health and wellbeing booking system](#)

### Bookings go online

Please keep an eye out for all our programs on the [health and wellbeing booking system](#). Previously staff and students booked specific programs on the phone or over email, most programs will now be booking online. Staff development Unit will continue to coordinate training too, but our webpages will point you in the right direction