



The Task Force in Medical Humanities
<culture, spirituality and healing >

*Want to enjoy a moment of quiet calm
in the busy school day?*

*Want to refresh your mind
over the lunch hour?*

**Come and join us for
this lunch program!**

A taste of mindfulness

Program

1. Mindful lunch – light lunch will be provided
2. Meditation practice

Facilitator: Ms Venus WONG – Center on Behavioral Health

Date: Apr 18, 2011

Apr 26, 2011

Time: 1250 (starting with mindful lunch) to 1350

Venue: Exhibition Area, Faculty of Medicine Building

ALL ARE WELCOME!

MBBS, Nursing, Chinese Medicine and Pharmacy students and Faculty members

A program supported by the Development Fund in Medical Humanities