

The 12th Annual **Lafayette Health Awareness Forum** presents

Our Vital Brain

Being mindful about **optimal health**

Thursday
October 5

7:00 pm (doors open at 6:15)

David Lam Auditorium
MacLaurin Building, A-wing
University of Victoria

Free of charge

To reserve a seat and for
further information, visit
lafayettestringquartet.ca

Join the Lafayette String Quartet as this year's health forum travels to the deeper levels of our brain. Learn what is new in brain health and how the practice of mindfulness and music-making are helping to positively impact our overall health. The presenters will share their expertise as well as lead us through some mindfulness exercises. Included will be time for Q&A. Come at 6:00 pm for refreshments and an interactive student research poster competition in the lobby

PRESENTERS

Alexandre Henri-Bhargava, MD, CM, FRCPC Clinical Assistant Professor of Medicine (Neurology), UBC; Neurologist, Island Health, Victoria, BC

Mark Sherman, MDCM, CCFP; Executive Director BC Association for Living Mindfully and Art of Living Mindfully Facilitator

Erin Guinup, Conductor of Tacoma Refugee Choir, Host of *Why We Sing* podcast, Voice Teacher, Soprano, Tacoma, Washington



Institute on Aging
& Lifelong Health

The Lafayette
STRING QUARTET