JUDSON BREWER TO SPEAK ON ‘MINDFULNESS’ AT RAMAPO COLLEGE

MAHWAH, NJ -- Judson Brewer, the director of research at the Center for Mindfulness UMass Medical School, will be the key speaker for two presentations at Ramapo College on Wednesday, March 25 in the Student Center. The event is sponsored by the Krame Center for Contemplative Studies and Mindful Living at Ramapo College.

Dr. Brewer will discuss “The Neurology of Addiction” from 4-5:30 p.m., and “How Mindfulness Can Help Us Change Habits and Live Happier, Healthier Lives” from 7-8:30 p.m.

Both events are free and open to the public. Visit www.ramapo.edu/kramecenter/community by March 20 to register and to receive a parking pass.

Dr. Brewer has published numerous peer-reviewed articles, book chapters and has spoken on mindfulness at national and international conferences. His work has been highlighted in Time magazine. He has been featured on Tedx Talk and “60 Minutes” with Anderson Cooper.

The mission of the Krame Center for Contemplative Studies and Mindful Living is to support faculty, staff and students while also serving the greater community as a distinctive center for learning and research in contemplative and mindfulness practices. The Center especially supports Ramapo’s overall mission of promoting experiential and interdisciplinary learning, and intercultural understanding.

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 Ranked by U.S. News & World Report as sixth in the Best Regional Universities North category, Ramapo College of New Jersey is sometimes mistaken for a private college. This is, in part, due to its unique interdisciplinary academic structure, its size of approximately 6,000 students and its pastoral setting in the foothills of the Ramapo Mountains on the New Jersey/New York border.

Established in 1969, Ramapo College offers bachelor’s degrees in the arts, business, humanities, social sciences and the sciences, as well as in professional studies, which include nursing and social work. In addition, Ramapo College offers courses leading to teacher certification at the elementary and secondary levels. The College also offers eight graduate programs as well as articulated programs with the University of Medicine and Dentistry of New Jersey, New York Chiropractic College, New York University College of Dentistry, SUNY State College of Optometry and New York College of Podiatric Medicine.