

Pace
Women's
Pursuing **Justice** for Victims of Abuse
Center

PRESENTS

S.I.P. WITH PWJC

SHELTER IN PLACE EVENTS
BE A PART OF A COMMUNITY OF SUPPORT



Sophie R. Kaufman, DPS, MBA, is a CFM Qualified MBSR Teacher, trained at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care, and Society (CFM).

Dr. Kaufman has presented and published in the areas of mindfulness and cross-cultural understanding. At *Pace University*, she teaches the *Mindfulness-Based Stress Reduction (MBSR)* course and co-teaches *Mindfulness and Cultural Intelligence*. Her teaching is grounded in her practice and informed by her research on mindfulness. She is passionate about helping people bring mindfulness into their daily lives to enhance their capacity for joy, kindness, and wisdom, and to develop greater resilience in the face of life's stressors.

Mindfulness In Uncertain Times



EXPERIENCE - DEVELOP - MANAGE

Join us from the comfort of your home for this virtual event. Engage in our community of support. Stress and anxiety can take a toll on our immune systems, making us vulnerable. Learn the benefits of "mindfulness" and understand the fundamentals of a practice that supports wellness and reduces stress.

Enhance your resilience while you S.I.P with PWJC.

THURSDAY MAY 21, 2020

1:00 PM

VIA ZOOM

NO FEE REQUIRED, DONATIONS WELCOME

<https://law.pace.edu/wjc>