

## SCCR Science Series

# Using the Neuroscience of Meditation to Support You



***Wednesday, December 8<sup>th</sup>, 2021***  
***9:00-10:30 am Zoom Webinar***

Click [HERE](#) to Register!

The mission of the Stanford Center for Clinical Research (SCCR) includes offering educational resources, training, and support for investigators and research staff. We have invited Clinical Associate Professor of Medicine, **Dr. Angela Lumba-Brown, MD**, to provide you with an overview of neuroscience of meditation. Meditation impacts focus and condition, as well as emotional regulation. An understanding of its science can support practice and integration into daily life, with benefits in the workplace. This discussion will focus on wellness among our research community by introducing this topic. Please bring something to write with and a snack to use in meditation.

At the conclusion of this class, you will be able to:

- Review motivations for attending this discussion
- Explore current science regarding meditations' effects on the brain and body
- Learn sensory meditation example
- Improve integration of mindful and meditative practices into daily life

*Attendance is open to all research staff*

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## About the Instructors:



**Dr. Angela Lumba-Brown, MD** is an academic pediatric emergency medicine physician with expertise in neuroscience and neurocritical emergencies. She cares for children and young adults clinically in the Stanford Pediatric Emergency Department. Dr. Lumba-Brown is a national expert on traumatic brain injury and has led several large clinical care guidelines. She sits on the Board of Scientific Counselors for the Centers for Disease Control's (CDC) National Center for Injury Prevention and Control, a federal advisory committee. She is also an appointee to the Pac-12 Brain Trauma Task Force, guiding research and policy in athletes with head injury. She is the co-director of the Stanford Brain Performance Center where she works to advance the neuroscience of childhood development, injury, and aging through prevention, novel biomarker discovery and other diagnostics, and treatments.

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This course is not eligible for BRN/CEU credits. For any questions or concerns, please contact Susan Saba at [ssaba@stanford.edu](mailto:ssaba@stanford.edu).

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