



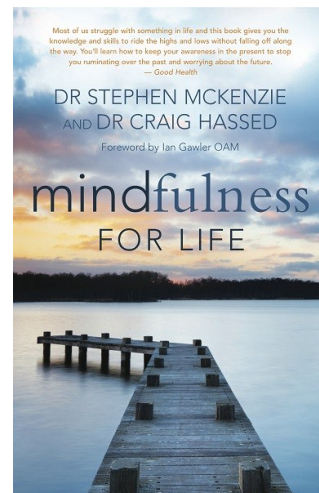
**OVERNEWTON**  
**ANGLICAN COMMUNITY COLLEGE**

*presents*

## **Dr Craig Hassed**

### ***An Introduction to Mindfulness***

Dr Craig Hassed is a General Practitioner and Senior Lecturer at the Monash University Department of General Practice with an interest in mindfulness-based stress management, meditation, and health promotion. Craig is regularly invited to speak and run courses in Australia and overseas and was the founding president of the Australian Teachers of Meditation Association. He is a regular media commentator, writes regularly for medical journals and has published six books; including “Know Thyself” on mindfulness-based stress management, “The Essence of Health” on the lifestyle approach to health and chronic illness, and most recently, a book written with Stephen McKenzie, “Mindfulness for Life”. Craig will be releasing a new book on the role of mindfulness in education early in 2014.



**When: Monday 17th March, 2014**  
**Time: 7:00pm**  
**Where: Sports and Performing Arts Building, 2-30 Overnewton Rd, Keilor**  
**Cost: Free**

To register, please email [parented@overnewton.vic.edu.au](mailto:parented@overnewton.vic.edu.au), stating the first name and surname of each attendee, your child's name and class, and home telephone number for Overnewton families, by **Friday 14 March 2014**.

Non Overnewton families are also welcome.

**Attendance will contribute hours towards the Family Contribution Scheme**

For more information about Dr Craig Hassed, visit <http://bit.ly/Ms52lX>