

Young Parkinson's Support Group North Shore Guest Speaker Mindfulness for Managing Symptoms

*Lisa Dorval, MSW, LICSW, Qualified MBSR
Instructor, CSME*

Independent Social Worker, DO EAST



Please join us for our September meeting when Lisa Dorval will be presenting on the benefits of mindfulness for managing symptoms and stress. Lisa is a licensed independent clinical social worker with her master's degree from Boston University and a Qualified Mindfulness Based Stress Reduction Instructor designation from the Center for Mindfulness in Medicine at the University of Massachusetts Medical School. Since 1989, she has devoted her clinical work to empowering children and adults to cultivate positive self-worth and create fulfilling lives.

Like many members of the so-called "sandwich generation," Lisa found herself overwhelmed caring for her three children as well as her aging parents, and had lost the ability to slow down and enjoy life outside of her ever growing and unpredictable to-do list. It was during this period that she fully explored mindfulness and MBSR, and experienced its benefits for herself. This has inspired her to combine her clinical training with mindfulness practices to help people achieve greater balance and serenity in their lives. All are welcome to this presentation.

To learn more, call 978-853-8742 or contact the APDA Information and Referral Center at 800-651-8466.

Date & Time

Thursday, September 12, 2019 | 6:30—8:00 PM

Location

Centre Congregational Church | Fireside Room

5 Summer Street | Lynnfield, MA 01940