



## Meeting Agenda

**Thursday, January 12, 2017**

**8:30–9:30 a.m.**

**Rice Conference Room, Tompkins County Health Department**

*Light refreshments*

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|------|---|------|
| I.   | Welcome, Brief Introductions & Announcements (Nancy Bussieres)  | 8:30 |
| II.  | Business  | 8:45 |
|      | a. What do you need from the Coalition?   |      |
|      | b. Share plans and ideas for 2017   |      |
|      | i. <b>Avi Miner (CCE-TC):</b> It's not too early to start thinking about CSA shares at your workplace for 2017  |      |
| III. | Guest presenter:  | 9:00 |
|      | <b>Eve Abrams, LCSW*:</b> Mindfulness for Our Workplaces  |      |
|      | Over the 30 minute session you will learn a working definition of mindfulness — what it is and what it is not, experiment with two practices, and take home suggestions for informal practice during the workday. There will be time for Q and A. |      |
| IV.  | Comments, Reflections, Adjourn  | 9:30 |

\*Eve Abrams, LCSW, is a therapist and crisis intervention specialist at Cornell University. She has advanced training in Mindfulness Based Stress Reduction (MBSR) from the UMASS medical school. She guides meditation through *Let's Meditate* at Cornell, and leads local MBSR groups in the Ithaca Community. Eve has a keen interest in applying informal and formal mindfulness practices to increase our capacity for joy and to skillfully respond to suffering.