

November 2018

The Center for Wellness Science

provides a concise resource for individuals interested in learning more about factors that influence wellness, informative research, and strategies for improving everyday wellness.

Upcoming Events

Dr. Sabo will be giving a presentation titled *Wellness for Rehabilitation Professionals: The Mindfulness Approach* at the International Association for Rehabilitation Professionals (IARP) national conference in Charlotte, North Carolina on October 26, 2018.

Dr. Sabo will be giving a presentation titled *Ethical Wellness for Rehabilitation Professionals* at the Ohio Rehabilitation Association (ORA) state conference in Dublin, Ohio on November 8, 2018.

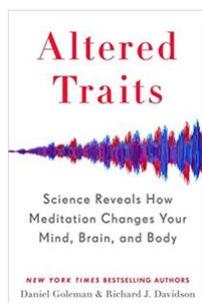
Center for Wellness Science

Fall Newsletter

Welcome to the CWS Fall 2018 Newsletter, our second issue!

Top Picks for Fall from Dr. Sabo

Book:



Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body

By Daniel Goleman, Ph.D. & Richard J. Davidson, Ph.D.

An excellent book by two of the leaders in the wellness movement that goes in depth regarding what the research is really saying about the benefits of meditation/mindfulness.

Website:

www.becomingminimalist.com

Minimalism is proving to assist many with lessening their feelings of stress and enhancing their overall wellness. This website is a good starting point for those interested in learning more about minimalism.

Contact Us

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If you enjoyed this newsletter and would like to receive future installations, email Dr. Sabo to be added to the CWS listserv!!!!



Favorite Recent Wellness Experience:

A trip over the summer to Northern Michigan offered some excellent wellness benefits. The time spend on the beach at Traverse City and in cherry tree groves and vineyards on Old Mission Peninsula allowed connection to nature. A day's excursion to the Sleeping Bears Dunes National Lakeshore area did the same and showed more of the incredible beauty of Northern Michigan.

The importance of connecting the nature is a vital component of one's overall wellness. Dr. Oswald is well versed in this important area of wellness. I think it is also invigorating to experience new locales in one's overall quest for wellness.

While I have studied and practiced wellness/mindfulness for a decade another wellness experience that is beneficial to me, is that I have recently completed a course in mindfulness and soon one in health and wellness coaching. Furthering my education in these areas continues to add to my knowledge, personal and professional commitment to all things wellness. One reason why Dr. Oswald and I have included the Favorite Recent Wellness Experience section in the Center's website is to show not only our ongoing commitment to our wellness, but to reinforce to those viewing the site that wellness is a lifetime journey and one that we need to be active with.

