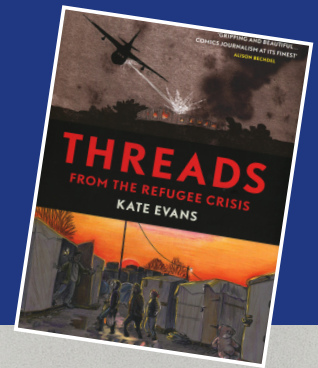


CONTEMPLATIVE COMMUNITY CIRCLE PRESENTS:

MINI-CONFERENCE: THREADING CARE, COMPASSION AND SOCIAL JUSTICE THROUGH CONTEMPLATIVE PRACTICE

Saturday November 2, 2019, 8:30 a.m.-2:30 p.m.
CCBC Catonsville, Barn



CCBC students, faculty, and staff as well as surrounding members of our global and local community are welcome! Learn about contemplative pedagogy and practice to enhance cognitive and academic performance (including attention and concentration), management of personal, academic, and professional stress, and the development of the "whole person." Join in the discussion on care, compassion, community, and social justice, which are key themes in *Threads*, by Kate Evans, which is the CCBC Community Book Connection selection. Speakers, workshops, and practice sessions will address topics including meditation, focused thought, writing, contemplative arts, contemplative movement, and health/wellness.

Co-Sponsors: Community Book Connection, Continuing Education, Office of Intercultural Engagement, and The Mellon Foundation.

Keynote speakers:



Dr. Lenwood Hayman is a Associate Professor of Community Health at Morgan State University and researches the social, psychological, structural, and environmental influences of emotional arousal in marginalized populations. He encourages social justice minded students to explore stress reduction.



Carlotta Cerrato was born and raised in Italy, and she's a linguist by trade and an artist by birth. She loves colors in a visceral way. Meditation and Peace are the focus of her life. She teaches Italian at CCBC and plays an important role in CCBC's Contemplative Community Circle.

Registration is free for students and faculty through **QuickReg** using this link:
<https://javawebapp.ccbcmd.edu/QuickReg/Register.jsp?frc=CE CRN #71579>.

Registration for community members is available for \$25 through the Office of Continuing Education:
ccbcmd.edu/Programs-and-Courses-Finder/course/PDV/263 CRN: #71578.

For assistance, please call **443-840-4700**.

For more information:

Contact Amy Pucino: apucino@ccbcmd.edu

David Hewitt: dhewitt@ccbcmd.edu

LaVerne Robertson: lrobertson@ccbcmd.edu

Stephanie Briggs: sbriggs@ccbcmd.edu

