

Falk College and its Department of Human Development and Family Science, the Syracuse University Humanities Center, Hendricks Chapel, Contemplative Collaborative and the Department of Communication and Rhetorical Studies invite you to

Mindfulness Interventions to Reduce Stress and Foster Resilience in Children Across Diverse Communities

with



Andres Gonzalez
Holistic Life Foundation, Inc.

Friday, May 4, 2018
1:00 p.m. - 2:30 p.m.
335 Falk (White Hall)

Andres Gonzalez is the co-founder and marketing director for the Holistic Life Foundation, Inc. in Baltimore, MD. His visit to Syracuse University highlights the organization's work in utilizing school-based mindfulness interventions with children. He will focus on the implementation of a mindfulness program shown to be effective in cultivating spaces for wellness and healing with urban youth served by the Baltimore City Schools. The event is free and open to the public.

For sixteen years, Andres has taught yoga to diverse populations throughout the world, including Baltimore City Public School students and individuals at drug treatment centers, mental crisis facilities, homeless shelters, wellness centers, colleges, private schools and other various venues. He has partnered with John Hopkins' Bloomberg School of Health and Penn State University's Prevention Research Center on a stress and relaxation study. He is a published author in the *Journal of Children's Services*, with his work with the Holistic Life Foundation featured on *NBC*, *CNN*, and *CBS*, as well as *Oprah Magazine*, *The Washington Post*, *Upworthy*, *Mindful Magazine*, *Yoga Journal*, and *Shambala Sun*, among others. For information about the event, including accessibility and accommodations requests, please contact Kathy Rainone, kbrainon@syr.edu, 315.443.2757.