

# Meditation and the Brain

## with Sara Lazar



Sara Lazar PhD is an Associate Researcher in the Psychiatry Department at Massachusetts General Hospital and an Assistant Professor in Psychology at Harvard Medical School. In this talk, Sara Lazar will go into discussion with these leading questions: How does meditation impact the brain and how does this in turn lead to improved ability to deal with pain and fear?

**JOIN US LIVE ON WEDNESDAY, MARCH 8 FROM 5-6:00PM**

REGISTRATION CLOSES AT 3PM ON WEDNESDAY, MARCH 8

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