MRM Lecture Series
Tuesday, June 13, 2017 • 6:30 p.m. to 8:30 p.m.
Greenhouse Theater, 2257 N. Lincoln Ave.

JUDITH T. MOSKOWITZ, PHD, MPH
Professor of Medical Social Sciences at Northwestern’s Feinberg School of Medicine

STAYING POSITIVE IN THE MIDST OF STRESS
A positive outlook may add years to your life. Dr. Moskowitz studies the unique mental and physical health effects of positive emotion, with a particular focus in the context of life stress and serious illness. Through her research, she has identified eight skills that build positive emotions which, in turn, may be good for your health. Dr. Moskowitz demonstrates how these skills increase well-being in people coping with stressful situations and provides examples on how they can practice these skills to bring positive emotion into their lives.

Reception following the presentation.

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$30 minimum donation per person

Michael Ratner Memorial Community Cancer Support Association

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