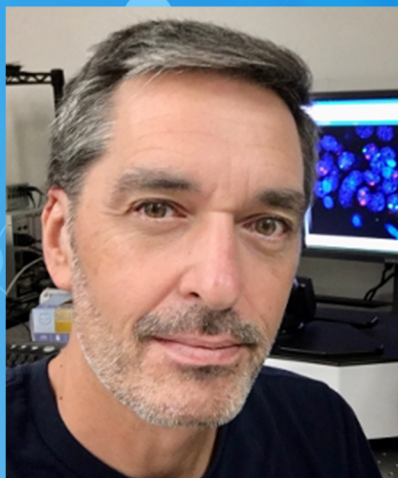


REGISTER SPRING 2022 QUARTER
SPACE IS LIMITED

The Mind-Body Connection in the Neuroscience of Wellbeing

Tuesdays and Thursdays | 2:00 - 3:20PM
Bio Sci 48 | Course Code: 05155

The Mind-Body Connection in the Neuroscience of Wellbeing class will explore research that provides insight into how exercise, diet, sleep, contemplative practices such as mindfulness and meditation, and contemporary psychological therapeutic approaches alter brain function in beneficial ways to promote positive mental health wellbeing. Rather than take a disease-oriented approach, the course will focus on how lifestyle choices can alter brain function in ways that lead to a greater state of mental health wellbeing, which ultimately builds resilience and helps decrease the likelihood of mental health disorders in the future. In this sense, the course takes the “ounce of prevention is worth a pound of cure” approach towards examining the lifestyle practices, and the underlying neurobiological mechanisms, that allow one to lead a life of fulfillment and wellbeing.



Instructor:

John Guzowski, PhD

Associate Professor

Department of Neurobiology & Behavior

