

WomenExplore

Lecture and Discussion Forum

Spring 2016 Series

Caring for Ourselves... Caring for the World...
Creating a Healthy and Meaningful Life
from the Inside Out



March 10

JUST WHAT IS A MEANINGFUL LIFE FOR WOMEN?

Focus: Penny Dunning

Lecture: **Kate Braestrup**, chaplain to the Maine Game Wardens and author of *Here if You Need Me: A True Story and Marriage and Other Acts of Charity: A Memoir*

March 17

WHEN SERVICE IS PERFECT FREEDOM

Focus: Maria Behnke

Lecture: **Mary Catherine Bateson**, writer & cultural anthropologist, author of *Composing a Life* and *Composing a Further Life: The Age of Active Wisdom*



March 24

HOW IS OUR SENSE OF COMMUNITY IMPACTED BY TECHNOLOGY?

Focus: Sandy Wayne

Lecture: **Jacqueline Olds**, MGH, clinical psychiatrist, author of *The Lonely American: Drifting Apart in the Twenty-first Century*, co-inventor of the SunSprite device

March 31

THE BODY IN MOTION - THE BODY AT REST Movement and Sleep

11:30 am: **Karen Voght**, author of *Kid's Wellness*



Guide, the Alphabet Fitness Guide, and founder of Wellness, Inc

12:15 pm: **Betsy Sherry** and **Igor Ryzhevsky**, Mt Auburn Hospital's Sleep Disorder Center



April 7

THE IMPORTANCE OF AN UNCLUTTERED MIND

Focus: Dorianne Low

Lecture: **Sayyed Mohsen Fatemi**, Ph.D. Fellow, department of psychology, Harvard University, Langer Mindfulness Institute, author, poet, psychologist



April 14

SHADOW MENTAL DISORDERS SABOTAGING OUR LIVES

Focus: Sylvia Gilman

Lecture: **John Ratey**, prof psychiatry HMS, neuropsychiatrist, author of *Shadow Syndromes: The Mild Forms of Major Mental Disorders that Sabotage Us*

April 21

DOES WHAT YOU EAT MATTER?: UNRAVELING CONFLICTING NUTRITIONAL THEORIES

Focus: Barbara Villandry

Lecture: **Miriam Nelson**, Friedman School of Nutrition Science & Policy, Tufts; new director of the Sustainability Institute, UNH



April 28

THE BRAIN SCIENCE OF HAPPINESS

Focus: Lindsa Vallee

Lecture: **Nancy Etcoff**, assistant clinical professor at Harvard Medical School, director of the Program in Aesthetics and Well-Being, MGH Department of Psychiatry

May 5

NATURE AS SANCTUARY

Focus: Carol Goldman

Lecture: **Eva Selhub**, physician, at Harvard Medical School and MGH's Benson-Henry Institute for Mind Body Medicine, author of *Your Brain on Nature* and *Your Health Destiny*



May 12

OPENING OUR HEARTS TO THE WORLD

Focus: Elaine Fisher

Performance by **True Story Theater**, bringing true stories from the audience to life through improvisatory drama

Thursdays in Harvard Sq, Cambridge MA

11:30 am Focus

12 noon-1pm Main Lecture

1pm-1:30pm Discussion

At Democracy Center, 45 Mt Auburn St, cnr DeWolfe St
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Single mornings \$15 – pay more if you can, less if you need to

Series enrollment \$130.

Groups (5 or more) \$12. Students \$5.