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Compassion can Impact Physical and Mental Health

PEORIA, Ill. [March. 31, 2017] – Learn compassion and how it can have a positive impact on your physical and mental health.

Join guest speaker Dr. Lobsang Tenzin Negi as he explores the positive impact of compassion on physical and mental health through the lens of CBCT® (Cognitively-Based Compassion Training). A former monk and a Professor of Practice at Emory University who developed this contemplative program, Dr. Negi will review findings from more than a decade of research. He will outline essential ingredients of compassion and demonstrate it as a teachable skill.

Locally, more than 60 people have or are going through CBCT® training, including representatives from the College of Medicine, both hospitals, Bradley University, Peoria Public Schools, Dunlap School District, the City of Peoria, Caterpillar, Susan G. Komen and more.

WHAT: “Well-being Through Compassion”

WHEN: Tuesday, April 11 – 6:30-7:30 pm

WHERE: Jump Simulation, 1306 N. Berkeley Ave.

FREE: Register <http://go.illinois.edu/LivingHealthy>, kdeets@uic.edu, or 680-8613

Free and open to the public, the event is presented as part of the Swain Endowed Lectureship and sponsored by the University of Illinois College of Medicine Peoria and the UIC Library of the Health Sciences. Living Healthy is aimed at promoting wellness, safety and preventive healthcare in central Illinois.

A former monk, Dr. Negi received his Geshe Lharampa degree, the highest academic degree granted in the Tibetan Buddhist tradition, in 1994. He is a Professor of Practice at Emory University and co-founder and director of the Emory-Tibet Partnership.

Dr Negi also will be speaking during the Methodist College Wellness Forum on Wednesday, April 12 at the college’s campus, 7600 N. Academic Drive in Peoria. Additional information and registration for that event is available at www.methodistcol.edu/wellness-forum.

The University of Illinois College of Medicine Peoria (UICOMP) educates more than 150 medical students and nearly 300 physician residents annually. The College of Medicine is home to the Cancer Research Center, the Center for Outcomes Research, and a collaborator in Jump Simulation. Learn more about UICOMP at <http://peoria.medicince.uic.edu>.

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