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**March 27th 2019: Finding Your Inner Stillpoint -
Mindfulness for Everyone**

This week, Dr. Patel will be talking about mindfulness with Laura Bakosh, founder of Inner Explorer. Learn about mindfulness and how it differs from meditation. Explore how you can easily incorporate it into your daily routine. And find out how children all over the United States are experiencing mindfulness through an incredibly simple mindfulness program called Inner Explorer.



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Featured Guest



Laura Bakosh

Laura's mindfulness practice began in 1993, as a way to manage long hours, stress and travel, while a General Manager at GE Healthcare.

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