



Women in Mortgage Banking

Presents

“Mindfulness Meditation”



Guided by
Greg Topakian, Ph.D.

Tuesday, July 17, 2018

CHELO'S on the Waterfront

1 Masthead Drive, Warwick, RI 02886

5:30pm - Registration, Networking, Hors D'Oeuvres

6:15pm - Presentation

Cost: \$30 Cost After July 3: \$40

Price includes heavy hors d'oeuvres. Cash Bar available.

Mindfulness Meditation is a form of meditation designed to develop the skill of paying attention to our inner and outer experiences with acceptance, patience, and compassion. A recent study found that, after just eight weeks of training, practicing mindfulness meditation increases concentration, enhances our ability to work with stress, and boosts our immune system's ability to fight off illness.

Class Information:

- A brief discussion of what Mindfulness Meditation is and the benefits it offers.
- Get a taste of three foundational mindfulness meditations, guided by Greg.
- The instructions are simple and you will get a good sense for what it is all about it.
- Join us for this fun and educational class where you will learn enough to keep practicing.

Who should attend? We welcome all women and men working in the mortgage lending business and ancillary service providers to join us for this exciting event! Feel free to invite your friends and co-workers! All are welcome!

WMB — “Mindfulness Meditation” — July 17, 2018

Registrations and Sponsorships must be confirmed by July 9, 2018

☐ Exclusive Speaker Sponsor (\$500) = 5 min. infomercial, introduce speaker = 3 tickets

☐ Gold (\$300 = 2 tickets) ☐ Silver (\$200 = 1 ticket), ☐ Bronze (\$100)

Registrations @ ☐ \$30 ☐ \$40 after July 3 No. of Attendees _____

Name _____ Title _____ Name _____ Title _____

Name _____ Title _____ Name _____ Title _____

Company _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

Registration Options: 1) Check payable to RIMBA 2) [Click for Online Registration](#) 3) Supply Credit Card Info

☐ Mastercard ☐ Visa ☐ Discover ☐ Amex # _____ Exp. Date _____

Cardholder Name Printed _____ Security Code _____

Billing Address (city state zip) _____

Cardholder Signature _____ Email receipt to: _____

Cancellations must be written and received no later than 48 hours prior to the event to receive refund