

NOTICE OF USCMA GENERAL MEETING,

- Nominations for Treasurer
- Clarification of Grades of Membership

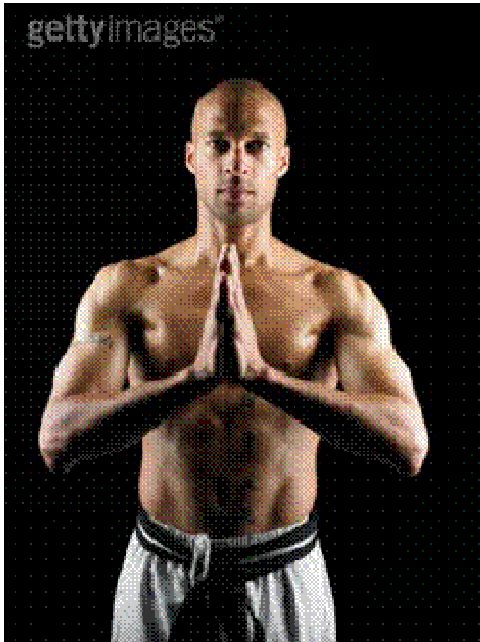
Wednesday 21st June, the Common Room in the Holme Building, University of Sydney, 6pm for a 6:30pm start.

Followed by:

Mindfulness Coaching!

Buddhist Principles, Perspectives & Practices for Contemporary Living.

John Barton, WELL-AWARE-NESS Living & Health, <http://www.wellawareness.com.au>



John Barton is a Buddhist Psychologist – Mindfulness Therapist and Meditation Teacher. He brings to his work 25 years of continuous personal practice in Mindfulness and Meditation disciplines, 11 years of which he was a Buddhist monk of the Theravada Forest Tradition, living and practicing in Australia, North – East Thailand, England, and Europe. As a Psychologist, John has worked in Pain Management, consulting to the Pain Management Center of the Royal Prince Alfred Hospital. He is a regular guest speaker at cancer support groups including CANHELP, and CANSUPPORT, and for three years was an Associate Lecturer- Faculty of Medicine at the University of New South Wales Through his therapy center, 'WELL-AWARE-NESS Living & Health' situated in the Eastern and Northern suburbs of Sydney, John practices 'Mindfulness Therapy', a combination of traditional Western Counselling and Psychotherapy, with the wisdom of Buddhist insights and Mindfulness practices.

When: Wednesday 21st June, 6pm for a 6:30pm start (fingerfood included). Finish by 8:30pm.

Where: the Common Room in the Holme Building, University of Sydney.

Cost: \$20 Members (\$30 non-Members)

Register: <mailto:cinziai@optusnet.com.au>