Numerous studies have proven the many physiological benefits of meditation and the latest one comes from Harvard University. An eight week study conducted by Harvard researchers at Massachusetts General Hospital determined that meditation literally rebuilds the brain’s gray matter in just eight weeks. It’s the very first study to document that meditation produces changes in gray matter over time. The study involved taking magnetic resonance images (MRI) from 16 study participants two weeks prior to the study. MRI images were also taken after the study was completed. Analysis of the images, which focused on the areas where meditation-associated differences were seen in earlier studies, found increased gray-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion, and introspection. For the study, participants engaged in meditation practices every day for approximately 30 minutes. These practices included focusing on audio recordings for guided meditation, and non-judgmental awareness of sensations, feelings, and state of mind.

Race of the Month!

Interested in starting to run, or looking for a good way to kick off your race season? Join us in the 2nd annual Hustle for the House 5k taking place at Gay Terrace! The race benefits our very own St. Vincent House. There is still plenty of time to train, even in a Couch to 5k type plan! Afterwards enjoy a bloody mary, mimosa, or other beverage in a commemorative cup provided by race sponsors!

When: Saturday, April 21st
Race Time: 8:00am
Register today at: www.hustlef orthehouse.com

Upcoming Events

April 18—Resident Carnival 5-7pm
April 21—Hustle for the House 5K Race
April-May Outdoor Time Challenge
June—Volunteer Activity

Mimi Blue is a restaurant on the North end of Mass Ave. (and in Carmel) that specializes in Meatballs. It’s rather up-scale with a nice atmosphere. Oh, and the meatballs are AMAZING. My favorite are the garlic ones.

http://www mimiblumeatballs.com/

870 Massachusetts Avenue, suite 400
12505 Old Meridian Street
Indianapolis, IN
Carmel, IN 46032

What is your hometown?
Dyer, IN aka the suburbs of Chicago aka the Region aka Not Gary

Future career goal?
Be the Leslie Knope of whatever I do

Favorite band/musical artist?
Post Malone, One Direction

How you like to spend your weekends off?
Spending time with my friends and family (especially my 2-year-old nephew) and my husband), catching up on sleep, eating brunch, watching football

Best advice (medical or otherwise) anyone has ever given you?
“Whatever happens is the only thing that could have happened”

What would your career have been if you hadn’t gone into medicine?
Sports journalist

What would you do if you won the lottery?
Set up a charity to help Syrian refugees

Favorite drink (alcoholic or not)?
Diet Coke (NOT Coke Zero, Omid)

Best way to unwind after a long day or week at work?
Watching Parks and Rec or Friends, doing Pilates, or getting candy from Willette (thank you Willette!!)