



National Council on Alcoholism  
and Drug Dependence-  
*Rochester Area*

## 2019 Annual Luncheon

# *Save the Date*

**Wednesday, May 22, 2019**

11:30 a.m.—2:00 p.m.

*(Registration will begin at 11:30 a.m.)*

Double Tree by Hilton  
1111 Jefferson Rd  
Rochester, NY 14623

### *Keynote Speaker*

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**Judson Brewer MD, PhD** is the Director of Research and Innovation at the Mindfulness Center and associate professor in psychiatry at the School of Medicine at Brown University. He also is a research affiliate at MIT. A psychiatrist and internationally known expert in mindfulness training for addictions, Brewer has developed and tested novel mindfulness programs for behavior change, including both in-person and app-based treatments for smoking, emotional eating, and anxiety ([www.goatrightnow.com](http://www.goatrightnow.com), [www.unwindinganxiety.com](http://www.unwindinganxiety.com)). He has also studied the underlying neural mechanisms of mindfulness using standard and real-time fMRI, and source-estimated EEG, and is currently translating these findings into clinical use. He has published numerous peer-reviewed articles and book chapters, presented to the US President's Office of National Drug Control Policy, the Parliament of Canada, trained US Olympic coaches, been featured on 60 minutes, at TED (4th most viewed talk of 2016 with over 10 Million views), in Time magazine (top 100 new health discoveries of 2013), Forbes, Businessweek, NPR, National Geographic, and the BBC among others. He is the author of *The Craving Mind: from cigarettes to smartphones to love, why we get hooked and how we can break bad habits* (New Haven: Yale University Press, 2017).

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