

March 08, 2017: “Tai Chi,” Shifu-Nicanor Snow

Nicanor Snow founded Seacoast Tai-Chi in 2000. He received training from Grand Master Gin-Soon Chu and his son, Master Fong-Vincent Chu, both of whom trained under legendary Yang Chen-Fu, who developed the Yang-style Tai Chi in China. Nicanor has a passion for sharing his understanding and knowledge of Tai-Chi.

Tai-Chi is a Chinese ‘yielding martial art’ that has been practiced for over five centuries. It is a low-impact exercise of dynamic soft movements and promotes relaxation, stress-reduction, and mental calm and clarity. Nicanor Snow will lead us in an introductory demonstration of the practice of Tai Chi. We hope you will participate in this gentle exercise. Please wear comfortable clothing and flat-soled shoes.



April 12, 2017: “A Mindful Way Through Emotions: Newer Approaches to Treating Mood,” Benjamin G. Shapero

Dr. Benjamin G. Shapero is a clinical psychologist at the Depression Clinical and Research Program in the Psychiatry Department at Massachusetts General Hospital. Dr. Shapero completed his graduate training at Temple University and post-doctoral fellowship at MGH/Harvard Medical School. He provides Cognitive Behavioral Therapy to children, adolescents, and adults at MGH. His research focuses on stress-related vulnerability factors that impact the development and maintenance of mood disorders throughout the lifespan. He is currently working on several studies including one focused on Mindfulness Based Cognitive Therapy as a treatment for depression.

Dr. Shapero’s presentation will focus on the impact that thoughts on emotions. He will ground his discussion through a clinical perspective on how stress impacts mood. He will discuss how being mindful can provide an alternative perspective and how newer treatments incorporate mindfulness in treatment. Specifically, he will discuss Mindfulness Based Cognitive Therapy (MBCT) and other approaches that have been helpful for mood disorders.



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May 10, 2017 Volunteer Musicians for the Arts Finding Wellness through music

The Volunteer Musicians for the Arts is a not-for-profit classical music performance organization. Their mission perform the finest classical music repertoire and to make performances widely accessible to the Boston community. The group is led by our own Jonathan Yasuda.



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The professional musicians of the Volunteer Musicians for the Arts (VMA) believe live, classical music performances, especially in hospital settings, promote wellness of the mind and body. We hope the healing sounds of cello, piano, and voice welcome you into a shared, positive experience of mindfulness and relief from everyday challenges. Visit their website at <http://www.volunteermusicians.org>