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## Center for Indic Studies *Announces* 2012 Spring Seminars – “*Yoga, Science & Alternative Medicine*”

### What is Mind Body Spirit Medicine?

Friday, Feb. 17, 1pm – 2pm

CCB-115, Charlton College of Business

**Christa Johnson, M.D.**

Center for Mind Body Health (CFMBH)  
Fall River, MA



**FREE and OPEN TO PUBLIC – light refreshments (served at 12:45pm)**

Dr. Johnson teaches how stress, thoughts and emotions can make us ill. Changing our thoughts can help restore our health but more importantly gives us a sense of well being no matter what else is going on in our lives. She discusses several ancient and modern ways to do this, from a perspective of modern science.

**Christa Johnson, M.D.** is a graduate of UMass Medical School. She specialized in family practice and worked for 22 years as a staff physician in the Emergency Department of Charlton Memorial Hospital. She has also been presenting workshops in Mind Body Medicine since 2001 after sharing the journey of cancer and ultimate death of her friend Lynn. “*Lynn’s Legacy: Mind Body and Spirit*” was published in 2008 detailing that Western Medicine as great as it is, is only a part of healing. We must do the rest ourselves. A family tragedy has required Dr. Johnson’s presence at home for the last two years, but she is gradually returning to teaching and is now working as a hospice physician, a career very close to her heart. She has also just completed her new book “*Waking from your Worst Nightmare*” awaiting publication.

For further information see [www.umassd.edu/indic/](http://www.umassd.edu/indic/), or contact: [jsolfvin@umassd.edu](mailto:jsolfvin@umassd.edu)

