

HTCC: Health & Wellness Program

March 22nd Sunday, 2009 11.00 – 12:30PM

**Location: HTCC Basement Hall
6330 Lackman Road, Shawnee, KS 66217**

Speaker: Dr. Matthew Raider, MD (Geriatric Specialist)

Topic: Meditation your total Health Prescription.

Dr. Matthew Raider has lectured extensively in the US and Canada about the health benefits of meditation. He will present the latest medical and scientific research regarding how meditation can benefit all of us physically and emotionally. Data is presented regarding the prevention and treatment of many disease states including high blood pressure, heart disease, cancer and chronic pain. Dr. Raider will discuss the enormous body of research on meditation as the antidote to stress. Finally, he will also explain the core experience of meditation and the potential for spiritual growth. He has been serving as a dedicated volunteer in **Science of Spirituality**.

Matthew Raider has practiced and taught geriatric medicine for 24 years.

About the Speaker: Dr. Matthew Raider, MD

As a physician who has been meditating for over twenty-five years, Dr. Raider has a strong interest in meditation and its relationship to health. He has maintained a private practice in family medicine and geriatrics since 1982, coordinated the geriatric teaching program at Middlesex Hospital in Connecticut since 1986, and has held a faculty position at the University of Connecticut Medical School. He also is the medical director of five Connecticut health care facilities. In Southern New England, he has been invited to speak at the Veteran's Administration Hospital, Rocky Hill, CT, Middlesex Hospital, Middletown, CT, and St. Mary's Hospital, Waterbury, CT, among others.

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