



55 Paul J. Manafort Drive  
New Britain, CT 06053



brought to you by

Tuesday May 1 2018  
at the New Britain Museum  
of American Art

happy  
healthy  
prosperous

Join us for  
the 2018 Shea Lecture  
and Spring Dinner  
The Art of  
Wellness

for the 2018 Shea Lecture

Tuesday, May 1, 2018 • 5:30 pm • No Charge but Registration Required  
New Britain Museum of American Art • 56 Lexington Street, New Britain, CT

\_\_\_\_\_ Number of Attendees

Please print your guests names

for the Spring Dinner

Tuesday, May 1, 2018 • 6:30 pm  
New Britain Museum of American Art • Stanley Works Center  
\_\_\_\_\_ (# of guests @ \$55 per guest) = \_\_\_\_\_ Total Due  
\_\_\_\_\_ \$400 reserved table of 8

Please print your guests names

**RSVP by Monday, April 23**

Return form with payment to COSC Foundation, 55 Paul J. Manafort Drive, New Britain, CT 06053 or register online at [www.charteroak.edu/shealecture2018](http://www.charteroak.edu/shealecture2018)

Register

# The Art of Wellness

Well-being is the state of being happy, healthy, and prosperous

## Agenda

5:15 pm

### Registration

Artisan Cheese and Veggie Display • Illustration Gallery • cash bar

5:30 pm

**Shea Lecture** (free • registration required)

6:30 pm

Host **Tours of Museum** Galleries (by a COSC Alum!)

6:45 pm

### Dinner Reception

\$55 per person • registration required • cash bar

## The Shea Lecture Art of Wellness Panel Discussion

Mindfulness • Social Wellness • Emotional & Spiritual Wellness • Educational Wellness

Community Experts will share wisdom and insight on social determinants of overall well-being



**Andy Lee, M.A.**

Chief Mindfulness Officer  
Aetna

Andy is a recognized expert in mindfulness training and program development. In 2010, he founded Working Mindfully, and provides mindfulness-based executive coaching. He also served as a senior consultant on The Potential Project, the global leader in workplace mindfulness training.



**Nancy Billias, PH.D.**

Professor, University of Saint Joseph  
Core Consulting Faculty,  
COSC

Prior to her work in academia, Dr. Billias obtained her Master's degrees in Pastoral Counseling and Psychoanalytic Theory, and was a psychotherapist for nearly 20 years. She also teaches Shintaido, a Japanese form of meditative movement, which emphasizes the use of the body as a vehicle for spiritual transformation.



**Maureen McIntyre, M.A.**

Chief Executive Officer  
North Central Area Agency  
on Aging (NCAAA)

Ms. McIntyre began at NCAAA part-time as a CHOICES program Regional Coordinator and worked up to CEO. She also worked in health care. With her 25 years of experience, Ms. McIntyre is a frequent guest speaker and panelist, and often provides legislative testimony.



**Andrea Mullin, B.S.**

Client Manager  
United Healthcare  
WIT Program Graduate

Andrea will share her personal testimony on Educational Wellness; how she empowered the Art of Continuous learning to improve her overall economic and emotional well-being. She has been employed by United Healthcare for 19 years and earned a Bachelor of Science degree from Charter Oak State College. She has continued on the educational journey.