

Aging and Dying:

A Four-Part Seminar

REFLECT. UNDERSTAND. CARE.
A COMPASSIONATE PATH THROUGH
LIFE'S MOST PROFOUND TRANSITIONS.

FOUR SUNDAY AFTERNOONS

Session 1: SEPT
13 12:30 to 2:00 pm CT
Coping with Pain
— *Dr. Tristan Glenn*

Session 2: SEPT
27 12:30 to 2:00 pm CT
Beliefs about Karma, Afterlife and Rebirth
— *Bhikkhu Bodhi*

Session 3: OCT
11 12:30 to 2:00 pm CT
Facing Chronic and Terminal Illnesses
— *Dr. Vinay Kamat*

Session 4: OCT
25 12:30 to 2:00 pm CT
Facing Cognitive Impairment and Dementia in Our Loved Ones and Ourselves
— *Dr. Regina Koepp*

JOIN US

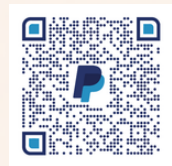
We invite you to be part of this meaningful conversation with wisdom, compassion, and community.

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Attend one or attend all
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or



Questions: donshushu@cbt-stl.com

MEET THE SPEAKERS

Wisdom, experience, and compassionate care



Dr. Tristan Glenn

Neuromusculoskeletal physician and ordained Soto Zen priest in Fairbanks, Alaska. He brings medicine, contemplative practice, and compassion to the work of navigating pain and illness.



Bhikkhu Bodhi

American Theravadin Buddhist monk, teacher, author, and translator of the Pali Suttas. He founded Buddhist Global Relief and shares teachings on Karma and Rebirth.



Dr. Vinay Kamat

Physician and founder of BJC Concierge Care, known for personalized primary care and healthcare leadership. He also helps bring mindfulness and compassion to medical practice.



Dr. Regina Koepp

Stanford-trained clinical psychologist and founder of the Center for Mental Health & Aging. She specializes in mental health, chronic pain, brain health, and dementia care.