



# The Hellenic Society Prometheas

Invites you to a presentation by:

**Dr. Esther Sternberg M.D.**

**Medical researcher**

## **Healing Spaces: The Science of Place and Well-being**

Can stress make you sick? Can belief help healing? Do the place and space around you affect your health? These are the questions that Dr. Sternberg explores in her books "*Healing Spaces: The Science of Place and Well-being*" and "*The Balance Within: The Science Connecting Health and Emotions*". In her lecture, Dr. Sternberg will answer these questions and will address how the science of the mind-body connection explains these phenomena. She will discuss how the physical environment, through each of the senses, can affect emotions negatively or positively, by triggering the brain's stress or relaxation responses. These, in turn, explain how place and space around can either help healing or potentially harm health. Dr. Sternberg will review the many connections between the brain and the immune system, which underline these effects. Understanding these concepts will allow individuals to structure their personal environment and activities to best buffer the negative effects of stress. These principles also apply to the effects of the larger world on health, including urban design, which are both good for the environment and help sustain health.



**Temple of Asclepius**

Dr. Sternberg's PBS-DVD will be available for sale

The lecture will be in English. Reception will follow.

**Friday, June 15, 2012 at 8:00 pm.**

**St. George Greek Orthodox Church, Founders Hall  
7701 Bradley Boulevard, Bethesda, MD 20817**