



THE IOWA STATE BAR ASSOCIATION  
**ANNUAL MEETING**

JUNE 10 - JUNE 12, 2019

IOWA EVENTS CENTER | DES MOINES

**[WWW.IOWABAR.ORG/ANNUALMEETING](http://WWW.IOWABAR.ORG/ANNUALMEETING)**

HELD IN CONJUNCTION WITH THE IOWA JUDGES CONFERENCE

**PLENARY  
SESSION**

**MONDAY**

**ROOMS 302 - 310**

**1:00 - 2:00**

**Mindfulness: A Tool for Lawyers and Judges**

Hon. Fae Hoover-Grinde, District Court Judge, District 6  
(1.0 State)

This course will teach participants the definition of mindfulness, and why it is a useful tool to increase attention, efficiency and wellness. Attendees will learn simple techniques that will allow you to easily incorporate mindfulness into your daily routine.