

RI APTA Annual Meeting  
11/10/2022  
Speaker

**Title of Talk:** Leveraging Mindfulness as a Resource for Being Well

**Jennifer E. Swanberg, Ph.D. MMHS, OTR/L**, is an internationally known scholar dedicated to improving the quality of work-life and well-being of vulnerable working populations through research and policy interventions. She joined Johnson & Wales University in 2020 with over 25 years of experience in higher education as a teacher, researcher, founding director of an academic research center, school dean and as social policy advocate. As a side hustle Jennifer is a work-life well-being coach and teaches mindfulness meditation.

