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Space Exploration with Brad Gupta

Wednesday, August 12 @ 10:00 am • [Zoom](#)

Museum of Flight docent Brad Gupta gives an overview of the wide topic of space exploration. From life in space to planetary exploration to space tourism, even a short lesson in rocket science. The talk will include videos and stories and will highlight the recent SpaceX mission which carried two American astronauts to International Space Station. If you have previously attended Brad's previous presentations this talk contains mostly new material.



Mindfulness - What's All the Hubbubb? Part 2 with Margo Benedetto

Wednesday, August 26 @ 10:00 am • [Zoom](#)

In her sequel to last year's Speaker Series presentation on the how's and what's of mindfulness, Margo Benedetto will elaborate further on the practical benefits of mindfulness and offer a sample of an extended guided practice focusing on relaxing the body and mind. Participants can expect to learn more about how mindfulness supports healthy brain functions and gain some effective tools for personal use. The guided meditation will last approximately 20 minutes and allow time for follow-up discussion.

Margo has been a public educator for over 30 years, teaching mindfulness, English, Drama, and Spanish to nearly all age groups in a variety of settings, including public schools in California, Washington, and The Netherlands. In September, she will be stepping down from her position as a Spanish and Mindfulness teacher for Centralia School District to devote more time to helping others apply mindfulness to their personal and professional wellbeing.

Contact us to learn more about the Speaker Series or other events!

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