

Kevin Washicosky is a Harvard-trained neuroscientist and manager in the Genetics and Aging Research Unit at the Massachusetts General Hospital, where he studies the cellular biology of Alzheimer's disease and the neuroscience of mindfulness meditation practices. His results have been published in several high-impact journals such as *Science Translational Medicine* and *Nature Methods* and have been featured in media organizations such as *The New York Times*, NPR, and *Scientific American*. Kevin's co-first author publication implicating the A β peptide of Alzheimer's disease as part of the innate immune system was ranked in "2016's Top 5 Advances in Neurology" by MedPage Today.

Along with his managerial and research roles, Kevin also leads weekly guided meditation sessions and mindfulness discussions for his colleagues through his affiliation with the McCance Center for Brain Health at MGH. Kevin has 15+ years' experience with meditation and navigating the intersection between science, psychology, philosophy, and spirituality. Kevin draws his expertise from multiple spiritual traditions including Buddhism, Christianity, Zen, and Hinduism and presents difficult concepts with a modern, new-age scientific approach. He is passionate about helping others to experience the deeper insights and aspects of mindfulness while navigating the day-to-day challenges of living in the modern world.