



FLORIDA JUDICIAL
WELLNESS PROGRAM

Well Talks

Presents: **Meditation, It's Not What You Think!**

August 26, 2025 at 12:15 p.m.

Register here:

<https://us06web.zoom.us/meeting/register/sATW239FTMiixYeV5Iyaig>

David Sacks, BA, JD, conduct a session to help lawyers improve professional conduct and performance, as well as personal fulfillment. Attendees will learn: 1) to recognize the effects of stress and tension; 2) to consider alternate approaches to difficult situations; and 3) to implement techniques and practices proven to reduce stress and improve life.

Speaker's presentation will begin with an explanation of the principles behind MBSR, along with the scientific proof of the benefits of meditation practice on brain health. There will also be a guided meditation to illustrate the methods of a mindfulness practice and the principles upon which such practice is premised. The three prongs of MBSR are didactic experiential; and group process. The remainder of the hour will be spent on participant sharing of their experience with the guided meditation practice, focusing on the concepts discussed in the lecture.

DAVID B. SACKS, was born and raised in New York, but has been a resident of the state of Florida since 1992. He is a graduate of McGeorge School of Law, with honors, Order of the Coif. He was admitted to the California Bar and Florida Bar in 1992, and from 1993 to 2021, practiced employment law in Jacksonville, FL. In 2021, he closed his private practice, and worked for Jacksonville Area Legal Aid from 2021-2022, until his retirement.

In 2010, David was introduced to Mindfulness Based Stress Reduction (MBSR) originally developed by Jon Kabat-Zinn, at the Center for Mindfulness, UMass Medical Center, Worcester, MA. Since his initial introduction to MBSR, David has attended retreats, class and teacher training and is qualified to teach the 8 Week MBSR course. He credits his practice of mindfulness meditation as transforming his personal life as well as a profound impact on his professional life during the active practice of law. Finally, David has been a sober member of A.A. since 1984.