Innovative mobile technologies to enhance mindful practices throughout the day

Apps that remind, teach & provide practices for Wellness

Technology Impacts Behavior
• Use technology to help create changes that enhance wellness.
• Work in teams to implement best practices.
...to keep the elderly connected to society and enhance wellness
...to optimize resources for the mentally stressed
...to help alter bad habits
...to create positive mentoring technology.

The course is open to students interested in technology and/or culture and/or wellness.
To apply and learn more about the course contact Prof. Jasprit Singh singh@umich.edu or Dr. John Hinckley ncko@umich.edu

Fall 2013: Tuesdays 7-10 pm EECS 1200