

*HK Buddhist Psychology & Mental Health Assn. &  
HKU Centre of Buddhist Studies* Jointly Present

Prof. Agnes Wong, MD, PhD, FRCSC on:

# **The Art and Science of Compassion**

Reflections of a Physician Turned Buddhist Chaplain

慈悲的實踐和科學

Born and raised in Hong Kong, Prof. Agnes Wong is Professor of Ophthalmology, Neurology, and Psychology at the University of Toronto, and a medical doctor at The Hospital For Sick Children in Toronto. After suffering from a bout of illness, she re-evaluated her life priorities which led her to let go of all leadership positions, prestige, and material possessions to pursue Buddhist chaplaincy in order to serve the sick and dying, their families, and prisoners.

In this talk, Prof. Wong will share her journey on how she became a Buddhist Chaplain. She will explore the wealth of scientific evidence supporting that compassion is both innate and a trainable skill. She will also explain why compassion is an antidote to burnout, disillusionment, and the increased polarization in this world.

Prof. Wong's recent book with the same title was published by Oxford University Press



Webinar enrollment is free but is limited to 500. First Come First Served:

Zoom link:

<https://hku.zoom.us/j/91564277413>

*All are welcome; please circulate.*



Webinar is sponsored by the  
Buddhist Education Foundation of Canada

Date : **7 April 2021 (Wed.)**  
Time : 7:30 p.m. to 9 p.m.(HK Time)  
Format : Zoom Webinar  
Language : English (supplemented with Cantonese)