

Date: May 8, 2026 9:30am - 3:30pm

Title: *The Evidence Within: A Mind-Body Wellness Workshop for Public Safety Professionals*

Abstract:

This virtual, one-day intensive workshop draws on evidence-informed mind-body practices from the Center for Mind Body Medicine (CMBM) to support stress reduction, self-awareness, and resilience. Designed for forensic and crime scene personnel who regularly encounter occupational trauma and high-stress environments, the workshop guides participants through a structured yet experiential day blending didactic content with somatic, reflective, and expressive practices. Through guided meditation, movement, imagery, and sharing, participants develop practical tools for managing stress while building connection and community with peers. The session runs approximately six hours and is accessible via virtual platform.

Biography

Jennifer (Jenn) Jeudy is a Crime Scene Technician III with the Maryland State Police, where she has served for 18 years. Rooted in her experience on the front lines of forensic work, Jenn became a certified mind-body wellness practitioner and facilitator through the Center for Mind Body Medicine, bringing over six years of facilitation experience to a broad range of audiences — including law enforcement and forensics professionals, students, organizations, and community members — through wellness groups, workshops, and conference presentations.

Jenn holds bachelor's degrees in Criminal Justice and Sociology from High Point University and a master's degree in Criminal Justice from Villanova University. She has shared her expertise as an adjunct professor at West Virginia University's Potomac State College, mentoring the next generation of criminal justice professionals.

Outside of her role with the Maryland State Police, Jenn channels her energy into several ventures rooted in the Western Maryland community. She is the owner of Echoes of Allegany, a vibroacoustic therapy practice, and a Promoter of Thundering Rock Raceway, a dirt track bringing live motorsport entertainment to the region. She is also an active partner with the Allegany County Community Resilience Network and the Resilience Institute of Allegany College of Maryland. Most recently, Jenn has been involved with the *Meeting the Moment* grant initiative, bringing mindfulness programming to youth across all Allegany County public schools.

Jenn is committed to building a culture of wellness and resilience at every level — from the crime scene to the classroom.