



THE EVIDENCE-BASED PATH TO WELL-BEING



Learn skills to become more mindful.

Join our 4-week *Intro to Mindfulness* class and gain practical skills to manage stress and enhance your overall well-being.

📅 Wednesdays Feb 7th, 14th, 21st and 28th

🕒 11AM - 12:15PM

📍 Counseling Center Common Room

Register by February 1st

SCAN TO REGISTER ONLINE



Mindfulness
Institute
for EMERGING ADULTS