

MINDFULNESS WORKSHOP

WHEN:
Wednesday October 23rd
1-2pm

WHERE:
Zoom

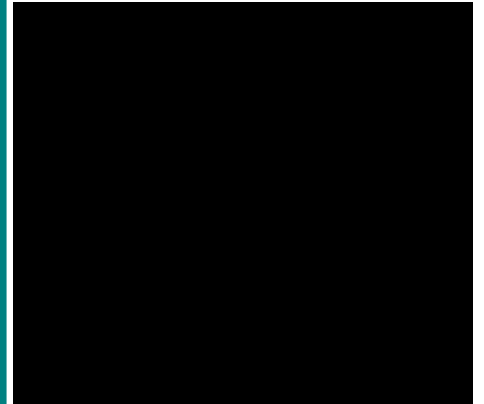
TO SIGN-UP:
PLEASE EMAIL Angela Fedewa at
AW5298@wayne.edu for more information
and to RSVP

HOPE TO SEE YOU THERE!!!

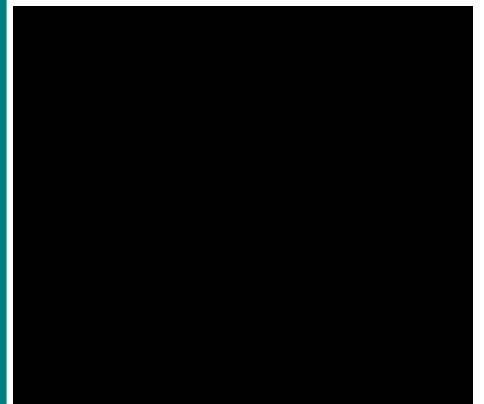


**WORKSHOP PROVIDED BY WSU COUNSELING &
PSYCHOLOGICAL SERVICES**

**TAKE A MINDFUL
BREAK:**



**ENGAGE IN
MINDFULNESS
ACTIVITY**



**START
MINDFULNESS
PRACTICE**