

# MINDFULNESS WORKSHOPS

## WHEN:

**Wednesday from 1-2pm  
May 1st**

## WHERE:

**Zoom**

## TO SIGN-UP:

**PLEASE EMAIL Angela Fedewa at  
aw5298@wayne.edu for more information and  
to RSVP for any of the above dates**

**HOPE TO SEE YOU THERE!!!**



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

**TAKE A MINDFUL  
BREAK:**

**LEARN  
ABOUT  
MINDFULNESS**

**ENGAGE IN  
MINDFULNESS  
ACTIVITY**

**BE PRESENT IN  
YOUR LIFE**

**START  
MINDFULNESS  
PRACTICE**