



KORU
mindfulness

Open your mind. Manage your stress.

Learn mindfulness & meditation.
Join our 4 week class.



Angela Fedewa

TAUGHT BY:

WHEN: **Mondays: Sep. 26th-
Oct. 17th 10:00-11:15am**

WHERE: **Zoom**

TO REGISTER: **https://student.korumindfulness.org/course-detail.html?course_id=6874**



**WAYNE STATE
UNIVERSITY**