

Mindfulness for Daily Living

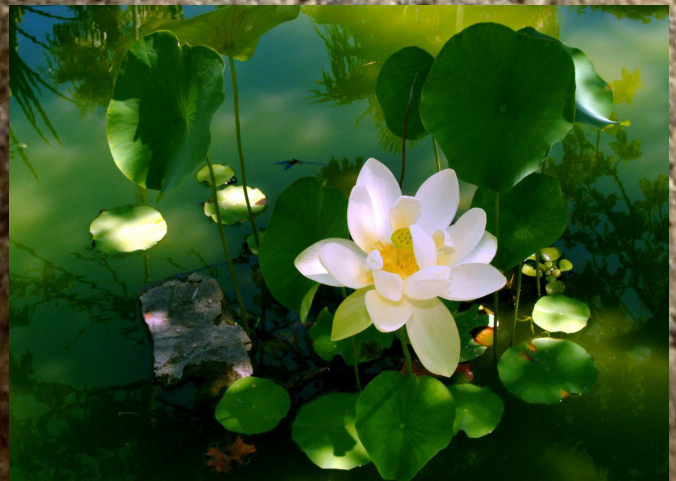
New CAPS group starting
Spring Quarter!

We will focus on 7 Mindfulness
Practices to help you to have more
wellbeing and contentment in
your life and less stress and
anxiety.

April 10 - May 28th

Every Thursday
from 3:00 to 4:30 pm

Murray's Place at the
Student Health Center



This group is a drop-in format. You can come to all 8 sessions or any one session. Wear comfortable clothes. This group will be lead by Dr. Elise Curry, a CAPS psychologist, who has been an active meditator for the past 14 years. She is also a practicing Buddhist.

Come join us!