



Breathe. Focus. Let Go.

**JOIN OUR ZOOM WEEKLY MINDFULNESS WORKSHOPS ON
WEDNESDAYS FROM 12 – 12:45PM**

REGISTRATION REQUIRED -->



Learn mindfulness skills for successful living through
live meditations.

SEPTEMBER 30

BE IN THE MOMENT

Develop present-moment attention instead of
focusing on the past or future.

OCTOBER 7

JUDGE LESS

Develop non-judgemental
acceptance skills.

OCTOBER 14

IMPROVE FOCUS

Learn to act with awareness.

OCTOBER 21

HANDLE LIFE BETTER

Manage big feelings and emotions.

OCTOBER 28

GROUND YOURSELF

Practice centering self and feeling gratitude.



40 Points: Personal Well-being and Critical Thinking Competencies