

**COPING WITH
BARRIERS TO
MINDFULNESS**

**DEVELOPING AN
ONGOING
MINDFULNESS
PRACTICE TO
IMPROVE SELF
CARE**

3 Weekly Sessions
**MINDFULNESS
SERIES**

**THE
BENEFITS OF
BEING
MINDFUL**

**HOW TO
PRACTICE
MINDFULNESS
MEDITATION**



Meets week 4,5 & 6

registration required by September 21st.
call Wellness Services at 920- 858-6574
email wellnessservices@lawrence.edu