



MINDFUL RESILIENCE

4-PART VIRTUAL WORKSHOP SERIES

**LEARN AND PRACTICE SKILLS
RELATED TO EMOTIONAL
INTELLIGENCE, STRESS
MANAGEMENT, & RADICAL SELF-
LOVE.**

THURSDAY'S 1PM-2PM
MAY 26 - JUNE 16 & JULY 7 - JULY 28

TO REGISTER:
**[MINDFULNESSCENTER.UTAH.EDU/
FORMS/MINDFULNESS-
WORKSHOP-REGISTRATION.PHP](https://mindfulnesscenter.utah.edu/forms/mindfulness-workshop-registration.php)**

EMAIL
[K Ganesh@sa.utah.edu](mailto:KGanesh@sa.utah.edu)
FOR MORE INFORMATION.