

THE MINDFULNESS CENTER'S
A MINDFUL APPROACH
TO WORK / LIFE
BALANCE



This 4-session workshop for U faculty, staff, & graduate students is designed to introduce participants to mindful strategies for balancing work-life stress. Come learn effective coping tools for navigating the responsibilities of different life roles as well as techniques for managing stress and anxiety by zoom (information provided after registration). Questions? Email Luana Nan at lnan@sa.utah.edu.

WEDNESDAY | 1 PM - 2 PM | June 1 - 22

FREE FOR THE U STUDENTS, FACULTY, AND STAFF