Mindfulness Meditation: A Stress Reduction Program

Learn and practice mind-body awareness skills designed to:

- Maximize personal, interpersonal, academic, and work coping skills
- Enhance concentration, focus, and creativity
- Cultivate inner resources for greater emotional balance, health, and well-being

Participants must be able to attend the first session. Please wear comfortable clothing. This workshop is available for students (and staff – space permitting).

Dates: Tuesday, September 26 to Tuesday, November 21
Length: 8 weekly sessions
Time: 5:00 p.m. – 7:00 p.m.
Location: Needles Hall Addition, 2nd Floor, Counselling Services, Room 2447
Fee: $25.00 for workbook
Facilitator: Beth Bower RN, MTh, RSW, RMFT

Register online on LEADS.

Note: The workshop will not meet on Tuesday, October 10

For more information, visit: https://uwaterloo.ca/campus-wellness/