Mindfulness Meditation: A Stress Reduction Program

Learn to practice mind-body awareness skills

Mindfulness meditation skills are designed to maximize personal, interpersonal, academic, and work coping skills. This program can help you enhance your concentration, focus, and creativity; and help you cultivate your inner resources for greater emotional balance, health, and well-being.

More details

› The workshop is led by Beth Bower RN, MTh, RSW, RMFT and runs for 8 weekly sessions.
› Participants must be able to attend the first session. Please wear comfortable clothing. This workshop is available for students (and staff – space permitting).
› There is a $25.00 fee for an accompanying workbook.
› Note: This workshop will not meet on Wednesday, February 21.

Register on LEADS
uwaterloo.ca/campus-wellness