



# **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/  
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