



GET TOOLS FOR EFFECTIVE
PLANNING AND FOLLOWING THROUGH,
ORGANIZATION, FOCUS, & BALANCE

MENTAL COACHING TO SUCCEED

For Neurodiverse Students

FREE 4-SESSION WORKSHOP

TUESDAYS, March 23 - April 13

5:00PM—6:30PM

FOR MORE INFORMATION,
CONTACT LUANA NAN AT LNAN@SA.UTAH.EDU
TO REGISTER, GO TO

<https://mindfulnesscenter.utah.edu/forms/mindfulness-workshop-registration.php>