

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 Lauren Weitzman at lweitzman@sa.utah.edu

FRIDAYS | 11 AM - 12 PM

SERIES 1: 9.10.21 - 10.1.21 | SERIES 2: 10.29.21 - 11.19.21

COST: FREE FOR GRAD STUDENTS, STAFF, & FACULTY

Register to attend:

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