A MINDFUL APPROACH TO WORK / LIFE BALANCE

This workshop for faculty, staff, and 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.

Questions? Email Lauren Weitzman at lweitzman@sa.utah.edu

FRIDAYS | 9.20.19 - 10.4.19 | 12 PM - 1 PM
THE MINDFULNESS CENTER; SSB RM 344
COST: $40 (FACULTY/STAFF) & $20 GRAD STUDENTS

Register to attend:
https://mindfulnesscenter.utah.edu/forms/mindfulness-workshop-registration.php