This workshop for U 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 by zoom (information provided after registration).

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

**FRIDAYS | 6.5.20 - 6.26.20| 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