

In Person

# Drop-in Mindfulness Meditation

Meditation is a great way to reduce stress and improve overall well-being. It involves focusing on the present moment and letting go of any distracting thoughts. You don't need any prior experience to join us - we will guide you through the practice. So mark your calendars and join us for some much-needed relaxation!

\* Wednesdays 11:30am-12pm \*

Student Health Services- Meditation Room

\*available from February 28th to May 1st