MINDFULNESS 101
SEPT 11TH 12-1:30 PM
FREE WORKSHOP!
FALL 2023

Learn:

- Origins of mindfulness and its impact on mental health
- What mindfulness is and how to practice it
- How to establish a consistent mindfulness practice

Sign Up Now!! Students can attend for FREE!

Email tholland1@unm.edu to register by selecting which workshop you want to attend!