

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!**



STUDENT HEALTH
& COUNSELING

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