



Mindfulness

Research shows that mindfulness can improve physical, emotional and mental health. This four-week course offers an introduction to the foundations of mindfulness. Participants will learn evidence-based techniques including stress reduction, self-awareness and connectivity.

Thursdays: November 8th, 15th, 29th & December 6th

10:00 a.m.

Memorial Union - Rooms listed below

Work Well is excited to bring this to UND Faculty & Staff! Call with any questions: 701.777.0210

November 8 - Memorial Room

November 15, 29 & December 6 - Medora Room

SANFORD
HEALTH PLAN