

Unlocking Your Inner Potential: Mindfulness and Meditation Workshop

Counseling Services

Workshops are held Tuesdays from 3:00 PM to 4:00 PM- Location: KUC 322

Learn How Mindfulness and Meditation Can Help:

Boost concentration

Better manage difficult emotions

Reduce stress

Find joy in everyday life

Mindfulness Meditation Practice Dates

1/28	3/4
2/4	3/18
2/11	3/25
2/18	4/1
2/25	4/29

PLEASE NOTE: These workshops are psycho-educational. They should not be considered treatment or a substitute for treatment of any mental/psychiatric conditions.

If you have any questions, please contact Blake.Rowlett@mtsu.edu

CRISIS LINE: 988

1-800-273-TALK (1-800-273-8255)