The Counseling Center’s In-Harmony Program Presents:

Meditation

Open To All Students, Faculty, and Staff

Drop-In Meditation Sessions

Wednesdays 12:15-12:45pm

September 13th-November 29th
(No meditation October 4th & November 22nd)

Saffo Rm 2009
2nd Floor of Fisher Student Center

Learn to focus, reduce stress, create good feelings, and feel energized.
No previous meditation experience required!

Sponsored by the Counseling Center
DIVISION OF STUDENT AFFAIRS
For additional information contact the Counseling Center 910-962-3746

See Upcoming Schedule at http://www.uncw.edu/counseling/inharmony/