UNCW COUNSELING CENTER IN HARMONY PROGRAM

BREATHE

6 WEEK BEGINNER MINDFULNESS BASED STRESS REDUCTION PROGRAM

03/04/2019- INTEREST MEETING 3:30 PM
PROGRAM DATES: 03/18/2019- 04/29/2019
Mondays 3:30- 5:00 PM
MASONBORO ISLAND ROOM FSC 2011

• Open to currently enrolled students
• Seating is limited
• Registration is required
• Must be able to attend all 6 sessions

"Listening to my body and looking at my thoughts and feelings with curiosity"

"I learned valuable exercises that can help me to calm down & become less stressed"

"This program was fantastic! It was one day a week where I could let go and relax"

"I loved this program! My favorite thing I learned from this program was that THOUGHTS WERE JUST THOUGHTS"