

Everyone Welcome!

UNCW Counseling Center

In Harmony Program

MEDITATION

Relax Restore Rejuvenate

Wednesdays 12-12:30pm

9/1/21-12/1/21

(no meeting 11/24)

ZOOM

Meeting ID: 879 3128 5219

Pass code: mindful

<https://uncw.edu/counseling/in-harmony.html>

910-962-3746



Extra Credit Available