Mindful Awareness Group

MAG

A 4-Week Experiential Course

Mondays at 3:30 p.m.
March 23, 30 & April 6, 13

Research supports mindfulness as one way to improve relaxation, decrease worry, give a greater sense of wellbeing, improve academic performance, and help with quality of sleep.

Why attend?

To Join:
Contact the University Counseling Center #336.758.5273
or group leaders Heather Patterson Meyer, Psy.D., MAT (meyerhp@wfu.edu)
and Anna Leisa Sauser, MS, LPCA (sauseral@wfu.edu). Questions are welcome!