

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**, Why attend? improve academic performance, and help with quality of sleep.

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!