A Mindful Approach to Work / Life Balance

This workshop for U grad students, faculty, and staff is designed to introduce participants to mindful strategies for balancing work-life stress. Come learn effective coping tools for navigating the responsibilities of different life roles as well as techniques for managing stress and anxiety.

Questions? Email Lauren Weitzman at lweitzman@sa.utah.edu

Day: Fridays
Dates: 2/16/18 — 3/16/18
Time: 12:00—1:00pm
Location: 344 SSB
Cost: $40

Register online at http://counselingcenter.utah.edu/forms/mindfulness-workshop-registration.php