

A Mindful Approach to Work / Life Balance



This workshop for U faculty, staff, and graduate students 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: 2/1/19 — 3/8/19

Time: 12:00—1:00pm

Location: 344 SSB

Cost: \$40 (faculty/staff)

\$20 (graduate students)

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