

SEPTEMBER 11TH to 15TH 2017 MINDFULNESS WEEK

MONDAY
 9/11
**MINDFULNESS
 WEEK
 WELCOME!**

**OPENING
 RECEPTION**

**JOIN US – DROP IN
 SNACKS**

4:00-6:00 pm
128 MCGUFFEY

TUESDAY
 9/12
**MINDFULNESS IN
 DAILY LIFE**

SKILLS & DBT
11:00-12:00pm
PSYCH BLDG 227

MINDFUL EATING
6:45-7:30 pm
PHILLIPS 102
Food Sensory Lab
(LIMIT 28)

WEDNESDAY
 9/13
**MUSIC &
 MINDFUL
 LISTENING**

**DRUMMING
 JAM SESSION**
1:30-3:30Pm
**ARMSTRONG
 STUDENT CENTER,
 MARCUM PAVILION**

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THURSDAY
 9/14
**MINDFUL
 SPEAKING
 & BEING HEARD**

**GRAD STUDENTS
 ALL NATIONS**

10:00-11:00am
319 KREGER HALL

FRIDAY
 9/15
**MINDFULNESS &
 SELF-CARE**

**SELF-COMPASSION
 MEDITATION**
10:00-10:45am
MINDFULNESS CTR
128 MCGUFFEY

**JOY JOURNALING
 FOR MINDFUL
 GRATITUDE**
2:00-4:00pm
WOMEN’S CENTER
3012 ARMSTRONG CTR

THANKS! Kinesiology & Health, Employee Benefits & Wellness, Psychology, Family Science & Social Work, Women’s Center, Disability Services, Graduate Students of All Nations!
Email Suzanne Klatt at klatts@miamioh.edu with your MINDFULNESS WEEK story!