



MINDFUL

DROP-IN GROUP

Join us and learn how to manage stress, improve focus, boost the immune system and promote health and well-being.

FREE for students, staff and faculty

WEDNESDAYS | 12:10 - 1:00 p.m. | LSC 324

(Lory Student Center)

Jan. 25 - May 3

No meeting over break

On 3/1 and 4/5, located in LSC 326-28



CSU HEALTH NETWORK
COLORADO STATE UNIVERSITY

Questions? Contact Viviane at vabt@colostate.edu or at (970) 491-4724