

# **MINDFULLY MANAGING STRESS**

**FREE**

Register: **(970) 491-6053**

\*Limited space

## Workshop Dates:

Mondays | Feb. 6- 27 | 12:15 p.m.-1:30 p.m.

Tuesdays | Feb. 28- Mar. 27 | 2:15 p.m.-3:30 p.m.

Thursdays | Mar. 30- April. 20 | 11:00 a.m.-12:15 p.m.

\*For students only

***Experience how mindfulness can help you cope with difficulty, reduce stress, and increase your well-being.***



**Questions? Contact Viviane at [vabt@colostate.edu](mailto:vabt@colostate.edu)  
or at (970) 491-4724**



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