

# Mindfulness Workshop

Are you feeling anxious  
or overwhelmed?  
Come learn about mindfulness,  
its benefits, and exercises to  
help you find a sense of calm.

## In-Person Workshops

Wednesday, May 1 & 8 from 12pm-1pm  
Center for Wellbeing Room 118

For more  
information,  
visit our  
UMBC  
events page



No registration is required!



RETRIEVER  
INTEGRATED  
HEALTH