

# Mindfulness Workshop

Are you feeling anxious  
or overwhelmed?

Come learn practical techniques  
for reducing stress so you can  
navigate your academic and  
personal life with greater ease  
and balance.

**Location: Center for Wellbeing**

**Wednesday, September 18th from 12 - 1 p.m., Room 101**

**Tuesday, October 15th from 12 - 1 p.m., Room 118**

All RIH services are LGBTQIA2S+ friendly and are  
welcoming to all diverse populations.

If you need accommodations for a disability, please contact [swill1@umbc.edu](mailto:swill1@umbc.edu)  
at least one week prior to the start of the workshop.

For more  
information,  
visit our  
UMBC  
events page



No registration is required!



RETRIEVER  
INTEGRATED  
HEALTH