



TAKE A BRAIN BREAK

COMMUNITY MINDFULNESS FOR MENTAL HEALTH
APRIL - MAY 2023

"There is no way to peace... peace is the way." ~ Thich Nhat Hanh

Peace gets cultivated over time from the inside out. Boost your capacity for generating resilience and calm each day no matter your circumstances. In these two weekly sessions you will learn how to build a progressive meditation practice in community with faculty, staff, and students.

**TUESDAYS 1 - 2 P.M. 4/11 - 5/23:
CENTER FOR WELL-BEING ROOM 118 (4/25 ROOM 101)**

**FRIDAYS 12 - 1 P.M. 4/14 - 5/26:
VIRTUAL ON WEBEX**

REGISTER AT: WWW.UMBC.EDU/TRAINING

Made possible by a joint partnership between Human Resources and Retriever Integrated Health