

UNBSJ Counselling Presents

MindfulU: A Mindful Path

to Stress Reduction

An evidence-based skills training to curtail
academic stress, anxiety, and worry
to live your best life

*For maximum benefit, attendance at all four
sessions, short readings between sessions
and brief, daily mindfulness practice
are strongly recommended*

More Info & Registration
counsel@unb.ca

Tuesdays: Jan 23, Jan 30, Feb 6, Feb 13 | 1:00-2:15
HWK 107