The Counseling Center’s In Harmony Program Presents:

**BREATHE**

A 6-week Mindfulness Program for Beginners

Open to currently enrolled students

Registration for 6-week program is required. Space is limited.

“Mindfulness is paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally”. – Jon Kabat-Zinn

*Learn how to practice present-moment attention, manage your emotions, and reduce stress!*

**Registration:** Students must be able to attend all 6 sessions, as skills build from week to week. There will be an **Interest Meeting Monday October 2\textsuperscript{nd} 3:30-4:00pm** in the **Masonboro Island Room- FSC 2011.** Come learn more about the program and register.

**When:** Program begins **Monday October 23\textsuperscript{rd} 3:30-4:45** for 6 consecutive Mondays (Through November 27th).

**Where:** Masonboro Island Room 2011. Second floor of the Fisher Student Center

Contact the Counseling Center at (910)962-3746 for additional information

Sponsored by the Counseling Center
Division of Student Affairs

http://uncw.edu/counseling/inharmony/