The Counseling Center’s In Harmony Program Presents:

**BREATHE**

**A 6-week Mindfulness-Based Stress Reduction Program for Beginners**

*Open to currently enrolled students*

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

*Registration is required* and space is limited to 15 participants. Participants must be able to attend all 6 sessions.

**When:** Tuesdays 3:30-4:45pm March 13th, March 27th, April 3rd, April 10th, April 17th & April 24th

**Where:** Masonboro Island Room 2011, 2nd Floor Fisher Student Center

**Interest Meeting:** Tuesday February 20th at 3:30pm in Commercial Realty Room 1023, First floor of Fisher Student Center. Come hear more about the program!

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/