

UNCW Counseling Center

In Harmony Program

MEDITATION

Learn to focus, reduce stress, and feel energized

No previous experience necessary

Wednesdays 12:15-12:45pm

Beginning 1-23-19

(No meditation 3-13-19)

Commercial Realty Room

FSC 1023

Open to all students, faculty, and staff

[www.uncw.edu/counseling/inharmony](http://www.uncw.edu/counseling/inharmony)

910-962-3746