

Mindfulness Skills Series

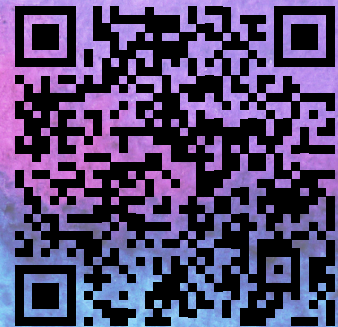
Thursdays from 3-4:20pm
Weigel Health Center 203

8-week course runs March 2 – May 4, then weekly
sessions until the end of the semester

Learn and practice a new mindfulness skill each week.

Learn how to:

- **Manage stress and anxiety from within**
- **Reground and reset in the present moment**
- **Recognize and process difficult emotions**
- **Improve your focus and memory**
- **Listen and learn more effectively**
- **Settle your mind to access your wisdom and talent**
- **Access your own internal resources to better navigate change and uncertainty**



Open to all experience levels. Pre-registration is required. A full commitment to the course is encouraged to learn and practice the interconnected skills. If interested, contact maria@mariakahn.com or just scan the QR code above.



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