

Please join us for a Wellness@Work Lunch-and-Learn!

MINDFULNESS TECHNIQUES FOR MANAGING STRESS

Wednesday, April 26
Noon to 12:45 p.m.
Homestead Aquatic Center,
300 Aquatic Drive



1. Identifying and Working with Stress Triggers
2. The Mind Body Connection
3. Simple Mindfulness Practices for Everyday Life
 - Mindful breathing
 - Seated Meditation with Attention to the Breath
 - The Breathing Space

Speaker:

Paula Huffman, BS, RN, ERYT, Mindfulness Instructor



Lunch will be provided!

Please RSVP to Liska Lackey by 5 p.m. Monday, April 24,
at llackey@email.unc.edu or 919-968-2796.



wellness @ work
UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

