

Free – Drop-in Mindfulness Meditation

Calder Library Room 3050A

Noon – 1:00 p.m.

Mindfulness-based meditation is an evidence-based practice that has been associated with

Improved Focus

Better Sleep

Stress Reduction

Sessions held every Wednesday

Open to all faculty, staff, and students of UM and JHS

Facilitated by Gus Castellanos, M.D., and Debra Annane, M.A., M.P.H.