
MINDFULNESS HOUR

Interested in mindfulness? Need some time to decompress? Join us for a variety of guided mindfulness exercises during Mindfulness Hour.

1:00- 2:00pm

November 4, 11, 18

December 2, 9

Open to all CWRU, CIA, CIM and KSU Podiatry undergraduate, graduate and professional students and CWRU Faculty and Staff.

Zoom link sent after registration.

To Register:

<http://bit.ly/2cwrumindfulnesshour>



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