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FREE Meditation and Stress Relief Seminar

1 message

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GetFitCNU Seminar: *Meditation and Stress Relief*

Learn more about “Mindfulness” as the quality of being fully awake to the experience of the present moment, just as it is, with an open heart and mind. Simply put, it is the practice of happiness. Although a simple concept, a disciplined practice of mindfulness can lead to profound results and has been clinically proven to increase emotional and psychological balance, decrease stress levels, and improve quality of life.

Date: Thursday, March 12th

Time: 12:30 – 1:15 p.m.

Location: The Freeman Center, Triesmann Health and Fitness Pavilion, Multipurpose Room 2 (MPR 2)

Presenter: Kevin Joyce, LPC

Kevin Joyce, LPC, has been a staff counselor at the CNU Office of Counseling Services since 2009. He is an experienced mindfulness coach and meditation teacher and has led mindfulness groups and seminars at CNU for the last three years.

FREE and open to ALL CNU students, faculty and staff. For more information, contact fitness@cnu.edu.