Experience how mindfulness can help you cope with difficulty, reduce stress, and increase your well-being.

**MINDFULLY MANAGING STRESS**

**Workshop Dates:**
Mondays | Feb. 12 - Mar. 5 | 12:30 - 2:00 p.m.
Tuesdays | Feb. 27 - Mar. 27 | 10:00 - 11:30 a.m.
Fridays | Mar. 30 - Apr. 20 | 3:30 - 5:00 p.m.

*For students only

**FREE**
Register: (970) 491-7121
Limited Space

Questions? Contact Viviane at vabt@colostate.edu or at (970) 491-4724

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