STRESSED ABOUT FINALS?

CALL 481-5748 FOR MORE INFORMATION
OR EMAIL MCKINLEB@PFW.EDU

Thursday, April 25
2 - 3:30 p.m.
Helmke Library
Room 275

MINDFULNESS CAN HELP

Discover how mindfulness can help reduce anxiety and stress as you prepare for finals. Learn how to de-stress, relax and focus on the present moment.

Guest speaker: Dr. Jonathan Walker, physician and mindfulness practitioner and instructor.

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