



KORU
mindfulness

Open your mind. Manage your stress.

Learn mindfulness & meditation.
Join our 4 week class.

**MORE
MINDFUL**

**LESS
STRESSED**

**BETTER
SLEEP**

**LESS
SELF
JUDGMENT**

Wednesdays: 4-5:30pm—9/25, 10/2, 10/9 & 10/16 OR
Thursdays: 3:30-5pm—10/3, 10/10, 10/17 & 10/24

WHERE: 403 Capen

TO REGISTER: UBLinked under Forms or Email sd62@buffalo.edu

**FREE to all UB Students:
undergrad or grad**



University at Buffalo
Health Promotion
Student Life