

# Brief Mindfulness Group

Learn how to harness the power of your attention.

- stress-reduction
- personal insight
- overall sense of well-being

Sessions begin on the:

**First Thursday of each month  
from 5:30 pm to 6:30pm  
in Fraser Hall 341**

and will meet on Thursdays for four weeks.

This group is designed to practice the principles of mindfulness and how to apply these techniques to daily life. This group is open to clinic clients and to people from the community. All four sessions are covered under a one-time fee of ten dollars.

**Call: (785) 864-9854 and leave a message for the Clinic Coordinator**



340 Fraser Hall, University of Kansas  
Lawrence, KS 66045

