Summer 2016

MINDFULNESS
MEDITATION
PRACTICE
SESSIONS

IMPROVE THE MIND-BODY
CONNECTION
FREE TO IU STUDENTS

Tuesdays, 2:00 p.m.
Thursdays, 10:00 a.m.
Counseling and Psychological Services (CAPS)
IU Health Center, 600 N. Jordan

Mindfulness practice reduces anxiety, chronic pain, and negative emotional states. It improves immune system responding, attention and positive emotional states!

Consistent mindfulness practice produces changes in the brain areas responsible for improved emotional regulation.

For more info: (812) 855-5711 or @IUHealthCenter