Open your mind.
Manage your stress.

Learn mindfulness & meditation.
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MORE MINDFUL
LESS STRESSED
BETTER SLEEP
LESS SELF JUDGMENT

TAUGHT BY: Michelle Cooper

KORU BASIC
Section 1: Thursdays, 4 – 5:15pm, 2/4, 2/11, 2/18, 2/25
Section 2: Mondays, 6 – 7:15pm 3/7, 3/14, 3/28, & 4/4
Section 3: Thursdays, 5:45 – 7pm, 3/17, 3/31, 4/7, 4/14

TO REGISTER: Call CAPS @ Ext. 7469

You will be notified if you are enrolled or wait-listed, once you register.