Mindfulness is a universal human capacity—a way of paying attention that can be cultivated, sustained and integrated into everyday life. Join us in our weekly guided practice sessions; all are welcome!

Call 227-7469 to schedule a personalized orientation session with Michelle Cooper (mcooper@wcu.edu) or come at least 20 minutes early to your first session.

Details at:
http://facebook.com/wcumindfulness
http://mindfulnessmatters.wcu.edu/