

Mindfulness Matters

Mindfulness is purposefully paying attention, non judgmentally to the present moment. The practice of mindfulness can lead to an increased sense of balance, stress management and overall well-being in your life.

Continue joining us over Zoom for a mental exercise using your five senses to incorporate mindfulness into your daily routine.

Thursdays | 1:30 - 2:00 PM

➔ VIA ZOOM



UIRecServices | UlowaCounseling



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Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact Recreational Services in advance at 319-335-9293.

Recreational Services
University Counseling Service

