



WELLNESS AND HEALING: INSPIRED LIFE

KNOW YOURSELF, LOVE YOURSELF

WEDNESDAYS IN MARCH: 10TH, 17TH, 24TH, 31ST

6:00PM-7:30PM, VIA ZOOM

Register in advance for this meeting:

https://cincinnatistate-edu.zoom.us/join/zoom/register/tZMrdOmqrDktHNXdXLY733fgybMmVx4_raRc

In this 4-session workshop, participants will explore multiple modalities that support mindfulness. Each participant has potential to come away with insight and actions that can guide them on a journey of self-awareness, self-love, and self-expression. Come to all sessions or as many as you are able.

Workshop Objectives

- Explore mindfulness to increase awareness of Self and ways of being
- Be introduced to the concept of living purposefully
- Discover new ways to move into a place of clarity, calm, and empowerment
- Learn ways to integrate healthy actions into everyday life

THIS WORKSHOP SERIES IS A COLLABORATION BETWEEN **WOMEN'S EMPOWERMENT NETWORK,**
PSYCHOLOGY CLUB, AND CSTATE STUDENT ACTIVITIES. FOR MORE INFORMATION CONTACT:
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