

LUNCH AND LEARN

Mindfulness-Based Stress Reduction

presented by

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Wednesday, December 1, 2021

12:00-1:00 pm

CHS Room 127

The prevalence of stress is growing more each day within every individual and can interfere with the way a person lives their life. Come learn about Mindfulness-Based Stress Reduction Programs to help learn how to cope with stress.

RSVP HERE



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