

Mindfulness Workshop

Are you feeling anxious
or overwhelmed?
Come learn practical techniques
for reducing stress so you can
navigate your academic and
personal life with greater ease
and balance.

Wednesday, February 19 from 12 - 1 p.m.
in Commons 318

Thursday, March 27 from 12 - 1 p.m.
at the Women's Center

No registration is required!

For more
information,
visit our
UMBC
events page



All RIH services are LGBTQIA2S+ friendly
and are
welcoming to all diverse populations.

If you need accommodations for a
disability, please contact
swill1@umbc.edu
at least one week prior to the start of the
workshop.



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