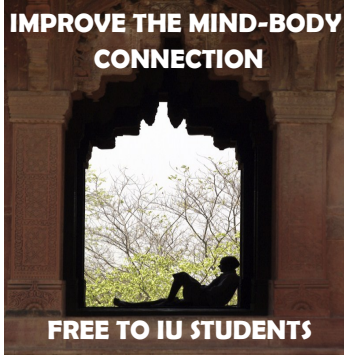


**MINDFULNESS
MEDITATION
PRACTICE
SESSIONS**



Mondays and Wednesdays, 10:00 a.m.

Tuesdays and Thursdays, 2:00 p.m.

Counseling and Psychological Services

IU Health Center, 600 N. Jordan

Mindfulness practice reduces anxiety, chronic pain, and negative emotional states. It improves immune system responding, attention and positive emotional states.

Consistent mindfulness practice produces changes in the areas of the brain responsible for improved emotional regulation.

For more information call 812 855-5711.

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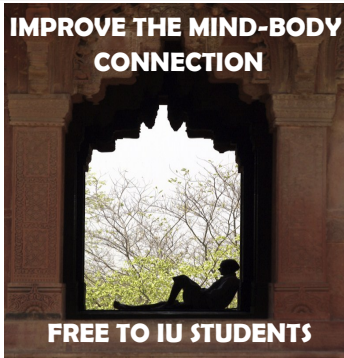
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