Have you heard about the benefits of mindfulness?

Come join us and learn how to:

- Decrease stress, increase balance and well-being
  - Find peace in the present moment
  - Quiet your mental chatter and focus more effectively

WHERE:
Multicultural Center
FO3 Room 2

WHEN:
Tuesday, November 17, 2015
4:00 PM to 5:00 PM

For more information contact:
Heidi Ortiz
Heidi.ortiz@csulb.edu
562.985.5859