



# INTRO TO MINDFULNESS

CDI CONFERENCE RM.

## Mindfulness helps us:

- Balance our emotions
- Focus and observe
- Learn compassion

## This class is:

- Free
- Open to all JHU learners
- 4 weeks total



WEDNESDAYS



3:00 PM - 4:15 PM



JOHNS HOPKINS  
UNIVERSITY

Student Health & Well-Being  
Counseling Center