

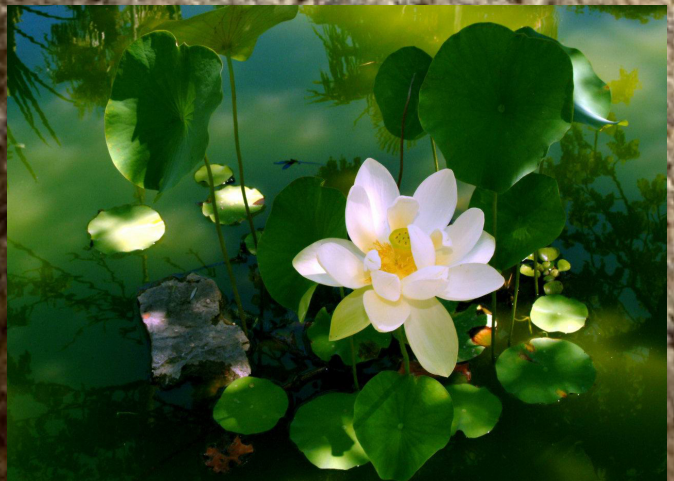
# Mindfulness for Daily Living

CAPS group starting  
Fall Quarter!

We will focus on 7 Mindfulness Practices to help you to have more well-being and contentment in your life and less stress and anxiety.

Oct 9	3 to 4:30pm
Oct 23	3:30 to 5pm
Oct 30	3 to 4:30pm
Nov 6	3 to 4:30pm
Nov 13	3 to 4:30pm
Dec 4	3 to 4:30pm
Dec 11	3 to 4:30pm

Murray's Place at the  
Student Health Center



This group is a drop-in format. You can come to all 8 sessions or any one session. Wear comfortable clothes. This group will be lead by Dr. Elise Curry, a CAPS psychologist, who has been an active meditator for the past 14 years. She is also a practicing Buddhist.

Come join us!