THURSDAYS
WINTER 2018

DAVIS CAMPUS
5:15 – 7:15 p.m.

LIMITED ENROLLMENT

Register between Jan. 2 – 11
Participants will be chosen via lottery. Please apply only if you are able to attend all of the six, two-hour classes, on the following Thursdays:
> January 25
> February 1, 8, 15, 22
> March 8

Additional information posted at wellbeing.ucdavis.edu or you may register directly at surveymonkey.com/r/ucdmindfulness
Email any questions to wellbeing@ucdavis.edu. Continuing Education Credits available for this course.

Mindful Awareness Practices
Learn about mindfulness, develop a personal meditation practice and apply it in your daily life to help grow well-being and manage stress. Class includes experiential exercises and group discussions in a supportive community environment. Suitable for beginners and those who wish to revitalize their practice.