



KORU
mindfulness

**August &
September
Offerings!**

Open your mind. Manage your stress.

Learn mindfulness & meditation.
Join our 4 week class.



KORU Basic

Belknap

4 Thursdays:

8/8, 8/15, 8/22, 8/29

12:00 – 1:15 PM

SAC W310B

Register here:

<https://koru.site/SCH2269>

KORU Basic

Belknap

4 Thursdays:

8/8, 8/15, 8/22, 8/29

4:00 – 5:15 PM

SAC W309K

Register here:

<https://koru.site/JOR2268>

KORU Basic

Belknap

4 Mondays:

9/9, 9/16, 9/23, 9/30

4:00 – 5:15 PM

SAC W107

Register here:

jenna.wilbur@louisville.edu



Health Promotion
A Division of Campus Health Services

UNIVERSITY OF
LOUISVILLE
SCHOOL OF MEDICINE