



**KORU**  
mindfulness

**HSC**  
**Offerings!**

# Open your mind. Manage your stress.

Learn mindfulness & meditation.  
Join our 4 week class.



## **KORU Basic**

### **HSC**

4 Tuesdays:

9/17, 9/24, 10/1, 10/8

12:00 – 1:15 PM

HB 208

Register here:

[cathyschaffer@louisville.edu](mailto:cathyschaffer@louisville.edu)

## **KORU 2.0**

### **HSC**

4 Wednesdays:

10/9, 10/16, 10/23, 10/30

12:00 – 1:15 PM

HB 208

Register here:

[Paula.kommor@louisville.edu](mailto:Paula.kommor@louisville.edu)



**Health Promotion**  
A Division of Campus Health Services

UNIVERSITY OF  
**LOUISVILLE**  
SCHOOL OF MEDICINE