



**KORU**  
mindfulness

# Open your mind. Manage your stress.

Learn mindfulness & meditation.  
Join our 4 week class.

**MORE**  
MINDFUL

**LESS**  
STRESSED

**BETTER**  
SLEEP

**LESS**  
**SELF**  
JUDGMENT

## **KORU Basic**

4 Mondays.: 2/11, 2/18, 2/25 & 3/4  
12:00 to 1:15 pm  
HSC Instructional Building (HB)  
Room 208

**Register here:**  
[cathyschaffer@Louisville.edu](mailto:cathyschaffer@Louisville.edu)

## **KORU Basic**

4 Tuesdays: 2/12, 2/19, 2/26 & 3/5  
4 to 5:15 pm  
Get Healthy Now Wellness Center, 601  
Presidents Blvd.

**Register here:**  
[Paula.Kommor@Louisville.edu](mailto:Paula.Kommor@Louisville.edu)



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**LOUISVILLE**  
SCHOOL OF MEDICINE