

“True health and wellness involves taking good care of one’s mind”
-P. Buecker, MD

MEDITATION 101

Meditation instruction, practice and discussion
Taught by Peter Buecker, MD

4 WEEK SERIES: September 24th, October 1st, 8th & 15th
Wednesdays 7:00pm – 8:45pm

Participants should plan to attend all 4 sessions

Location: Student Rec Center (SRC) Room 110

ONLY \$16 FOR ALL 4 SESSIONS! (\$4/SESSION)
BOOK & ADDITIONAL RESOURCES INCLUDED


Enrollment is limited to 30 participants

Registration, payment and more info at:
louisville.edu/healthpromotion

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HPO/StressResilience/Meditation/Fall2014