

# Mindfulness Retreat

The struggle is real. Relief is possible.

Saturday, November 18

11 am - 3:15 pm

Speed Art Museum  
Belknap Campus

*A silent retreat for UofL & Bellarmine students, faculty & staff.  
No mindfulness practice experience required.*



BETTER  
SLEEP



LESS  
STRESSED



LESS  
SELF  
JUDGMENT



MORE  
FOCUS

**\$5 enrollment fee includes lunch**

Teachers: Karen Newton, Preetha Iyengar, Amanda O'Bryan & Katrina Kaufman

**Questions? Call 502.852.5429**

Details & Registration:

[uofl.edu/healthpromotion/Services](http://uofl.edu/healthpromotion/Services)



**HEALTH  
PROMOTION**  
A Division of Campus Health Services

Health Promotion Wellbeing Central  
SAC W309  
P:502.852.5429  
[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)

