



KORU
mindfulness

This is your life. Don't Miss It.

The struggle is real. Relief is possible.

Register now.

Workshop #Belknap 116

4 Wednesdays

Oct 12, 19, 26, Nov 2

5:30-6:45pm

Ekstrom Library 117A

**Teachers: Karen Newton &
Elizabeth Nalley**

Workshop #Belknap 117

4 Thursdays

Oct 13, 20, 27, Nov 3

2:45-4:00pm

SAC W309K

**Teachers: Katrina Kaufman &
Kristi King**

Students register at: www.louisville.edu/healthpromotion

Click services/Koru Mindfulness & Meditation

\$12.00 enrollment fee includes book.

You commit to all four sessions when you register.

Faculty & staff call or email to request registration code.



Questions? Call 502.852.5429 or email karen.newton@louisville.edu



***More options for students on HSC: www.louisville.edu/healthpromotion**
***Options for faculty and staff at www.louisville.edu/gethealthynow**