



create yourself as a masterpiece

Mind-Body Stress Reduction Program Danforth Campus Spring 2018 Session

Wellness Connection has partnered with [Masterpeace Studios](#) to offer a mindfulness and stress reduction class to Washington University employees. Mindfulness is a way to access your inner resources and move towards greater balance, control and peace of mind. This program consists of 7 weeks of classes meeting twice a week during the lunch hour, and is designed to give you practical coping skills to deal with everyday stress. The Danforth Campus spring 2018 session will take place as follows:

Class	Date	Start Time	End Time	Building	Room
1	Tuesday, March 20, 2018	12:00 PM	1:00 PM	Danforth University Center	276
2	Thursday, March 22, 2018	12:00 PM	1:00 PM	Danforth University Center	276
3	Tuesday, March 27, 2018	12:00 PM	1:00 PM	Danforth University Center	276
4	Thursday, March 29, 2018	12:00 PM	1:00 PM	Danforth University Center	276
5	Tuesday, April 03, 2018	12:00 PM	1:00 PM	Danforth University Center	276
6	Thursday, April 05, 2018	12:00 PM	1:00 PM	Danforth University Center	276
7	Tuesday, April 10, 2018	12:00 PM	1:00 PM	Danforth University Center	276
8	Thursday, April 12, 2018	12:00 PM	1:00 PM	Danforth University Center	276
9	Tuesday, April 17, 2018	12:00 PM	1:00 PM	Danforth University Center	276
10	Thursday, April 19, 2018	12:00 PM	1:00 PM	Danforth University Center	276
11	Tuesday, April 24, 2018	12:00 PM	1:00 PM	Danforth University Center	276
12	Thursday, April 26, 2018	12:00 PM	1:00 PM	Danforth University Center	276
13	Tuesday, May 01, 2018	12:00 PM	1:00 PM	Danforth University Center	276
14	Thursday, May 03, 2018	12:00 PM	1:00 PM	Danforth University Center	276

Be sure to mark your calendars to note the various dates & locations. If you would like Wellness Connection to send you an Outlook invitation for each event, send your request to wellnessconnection@wustl.edu.