



*create yourself as a masterpiece*

### **Mind-Body Stress Reduction Program Danforth Campus Summer 2017 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 summer 2017 session will take place as follows:

<b>Class</b>	<b>Date</b>	<b>Start Time</b>	<b>End Time</b>	<b>Building</b>	<b>Room</b>
1	Monday, July 10, 2017	12:00pm	1:00pm	Danforth University Center	276
2	Wednesday, July 12, 2017	12:00pm	1:00pm	Danforth University Center	276
3	Tuesday, July 18, 2017	12:00pm	1:00pm	Danforth University Center	234
4	Thursday, July 20, 2017	12:00pm	1:00pm	Danforth University Center	234
5	Thursday, July 27, 2017	12:00pm	1:00pm	Danforth University Center	276
6	Wednesday, August 09, 2017	12:00pm	1:00pm	Danforth University Center	234
7	Friday, August 11, 2017	12:00pm	1:00pm	Danforth University Center	234
8	Monday, August 14, 2017	12:00pm	1:00pm	Danforth University Center	234
9	Wednesday, August 16, 2017	12:00pm	1:00pm	Danforth University Center	234
10	Tuesday, August 29, 2017	12:00pm	1:00pm	Danforth University Center	234
11	Thursday, August 31, 2017	12:00pm	1:00pm	Danforth University Center	234
12	Tuesday, September 05, 2017	12:00pm	1:00pm	Danforth University Center	234
13	Thursday, September 07, 2017	12:00pm	1:00pm	Danforth University Center	234
14	Monday, September 11, 2017	12:00pm	1:00pm	Danforth University Center	234

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](mailto:wellnessconnection@wustl.edu).



Wellness Connection  
HUMAN RESOURCES AT WASHINGTON UNIVERSITY