



create yourself as a masterpiece

Mind-Body Stress Reduction Program Siteman South County Fall 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 Siteman South County fall 2017 session will take place as follows:

| Class | Date | Class Start Time | Class End Time | Building | Room |
|--------------|----------------------------|-------------------------|-----------------------|----------------------|-----------------|
| 1 | Tuesday, October 17, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 2 | Friday, October 20, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 3 | Tuesday, October 24, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 4 | Friday, October 27, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 5 | Tuesday, October 31, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 6 | Friday, November 03, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 7 | Tuesday, November 07, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 8 | Friday, November 10, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 9 | Tuesday, November 14, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 10 | Friday, November 17, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 11 | Tuesday, November 28, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 12 | Friday, December 01, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 13 | Tuesday, December 05, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |
| 14 | Friday, December 08, 2017 | 12:00pm | 1:00pm | Siteman South County | Conference Room |

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.



Wellness Connection
HUMAN RESOURCES AT WASHINGTON UNIVERSITY