



create yourself as a masterpiece

Mind-Body Stress Reduction Program School of Medicine Campus 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 School of Medicine Campus 2018 session will take place as follows:

Class	Date	Start Time	End Time	Building	Room
1	Monday, January 15, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
2	Wednesday, January 17, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
3	Monday, January 22, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
4	Wednesday, January 24, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
5	Monday, January 29, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
6	Wednesday, January 31, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
7	Monday, February 05, 2018	11:30am	12:30pm	Becker Medical Library	Classroom 405
8	Wednesday, February 07, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
9	Monday, February 12, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
10	Wednesday, February 14, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
11	Monday, February 19, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
12	Wednesday, February 21, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
13	Monday, February 26, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701
14	Wednesday, February 28, 2018	11:30am	12:30pm	Becker Medical Library	King Center, 701

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.