



create yourself as a masterpiece

Mind-Body Stress Reduction Program West Campus 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 West Campus fall 2017 session will take place as follows:

Class	Date	Class Start Time	Class End Time	Building	Room
1	Monday, September 25, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
2	Wednesday, September 27, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
3	Monday, October 02, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
4	Thursday, October 05, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
5	Monday, October 09, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
6	Thursday, October 12, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
7	Monday, October 16, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
8	Wednesday, October 18, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
9	Monday, October 23, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
10	Wednesday, October 25, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
11	Monday, October 30, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
12	Thursday, November 02, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
13	Monday, November 06, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B
14	Wednesday, November 08, 2017	12:00pm	1:00pm	West Campus	Library Conference Room A/B

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