

Mindfulness Group

Learn how to harness the power of your attention.

- **stress-reduction**
- **personal insight**
- **increase well-being**



Sessions are held on KU's campus in Fraser Hall

**This group is open to clinic clients and to people from the community.
All four sessions are covered under a one-time fee of ten dollars.**



For more information, call (785) 864-4121

Fraser Hall, University of Kansas Lawrence, KS 66045

