

Mindfulness Meditation and Self-Compassion Workshop

For LGBTQ+ young
adults, ages 18-29

An empowering
approach to wellness

Free 8-week
workshop

Snacks
included!

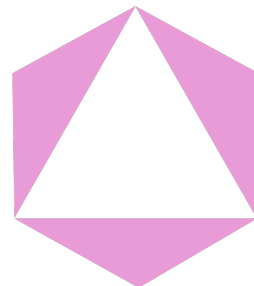


Come to M-Power Orientation to learn more!

Tuesday, February 11th, 2020, 5pm-6:30pm

5285 Anthony Wayne Dr.

@ Campus Health Center



M-Power

Mindfulness, Self-Compassion, Queer Empowerment