Mindfulness Tools for the Restless Mind: Bill Johnson, PsyD presents a weekly 60-minute workshop to assist students in coping with feeling nervous or restless. Participants will be introduced to mindfulness strategies designed to assist in tension-reduction and greater present-moment awareness.

Mondays from 11:00 am - 12:00 pm

July 13th through September 7th, 2020

To join visit: https://tinyurl.com/DePaulUCS