

Sheffner, Erin

From: College of Health and Human Services
Sent: Monday, October 22, 2018 3:11 PM
Subject: November Mindfulness, Trauma and Resilience Symposium

Governors State University College of Health and Human Services

5th Annual GSU Symposium on Mindfulness, Trauma, and Resilience in Higher Education

Mark your calendars for this daylong symposium will explore ways in which **mindfulness, trauma and resilience** practices are incorporated into academic setting to create learning communities.



The symposium will feature presentations and workshops,
panel discussion and experiential learning.

Friday, November 16th, 2018

8:30am- 4:30pm

F1622

FREE Registration

Registration required at www.govst.edu/mindfulnessREG/

For additional information contact Dr. Zell at mzell@govst.edu



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