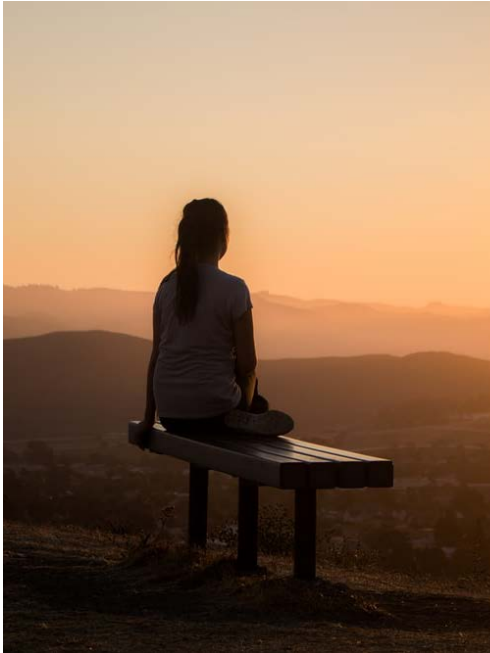


TAKE A BREATH THURSDAY



Do you want to learn to be more focused and relaxed?

In today's hectic world, finding opportunities to become more focused and relaxed are more important than ever. NSU College of Pharmacy will be hosting a meditation group for the entire Pharmily! This group will meet every other Thursday for 15 minutes. Everyone...students, faculty, staff, and administration are welcome to attend.

Come experience the many benefits that are associated with the regular practice of mindful meditation.

- Reduced stress
- Increased energy
- A sense of calm, peace, and balance

Every other Thurs. from 12pm-12:15pm

Begins Jan 21 and runs through Apr 15

NO RSVP NECESSARY

Zoom Meeting ID 969 6967 4922

Passcode 925680

You must sign on with NSU credentials

College of Pharmacy
NOVA SOUTHEASTERN UNIVERSITY

NSU
Florida