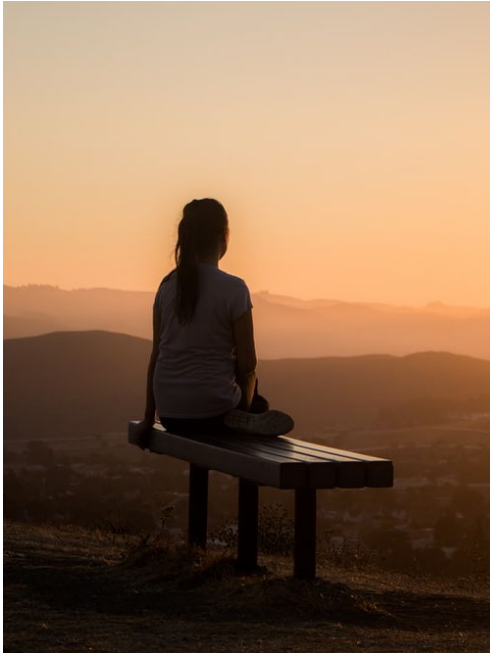


TAKE A BREATH TUESDAY



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 Tuesday 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 Tues. from 12:05pm-12:20pm

Begins Aug 31 and runs through Nov 23

NO RSVP NECESSARY

Zoom Meeting ID 989 5216 4833

Passcode 836525

You must sign on with NSU credentials

College of Pharmacy
NOVA SOUTHEASTERN UNIVERSITY

NSU
Florida