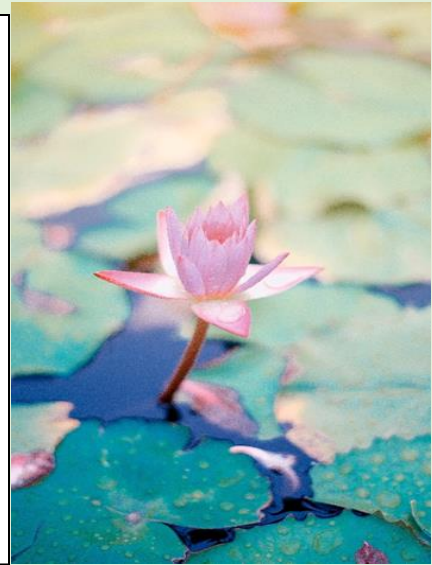


Mindfulness Mondays

*An outreach initiative co-sponsored by
The George E. Hill Center for Counseling and Research
and
Counseling and Psychological Services at Ohio University*



Are you stressed, worried, or overwhelmed?

Do you feel as if you need a little time to calm your mind as you begin a new week?

Join Richa for a free relaxation and mindfulness session!

Take 30 minutes just for you!

Who: OHIO students, staff, or faculty

Where: Virtually via TEAMS Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+1 614-706-6572,,894191146#](#) United States, Columbus

Phone Conference ID: 894 191 146#

When: Monday, Nov 9, Nov 16, Nov 23, Nov 30, Dec 7, Dec 14

Time: 9:30 – 10:00 AM

Questions? Contact Richa Bhatia – rb416020@ohio.edu

Doctoral Student in Counselor Education & Supervision

The Patton College of Education