



HEALTH & WELLNESS WORKSHOP  
SPONSORED BY COUNSELING & PSYCHOLOGICAL SERVICES

# Mindfulness for Managing Moods & Stress




Come learn about the benefits of meditation and mindfulness and how you can incorporate these skills into your daily life! No prior meditation experience required.

**TUES, JAN 7TH**  
**4:30 - 5:30 PM**  
**SMSU 215/216**

**WENDY BROWER-ROMERO**  
**MS, LMFT, CAPS THERAPIST**

**FREE PIZZA!**



*For disability-related accommodations to participate in these programs, please contact Counseling and Psychological Services three working days in advance at (909) 537-5040 or [psychcounseling@csusb.edu](mailto:psychcounseling@csusb.edu)*