



UCAN presents

Advise the Advisor Series:

Mindfulness in Advising

Presented by

Trish Minor, Program Advisor, Student Success Centre

Wednesday June 13th

12:05~12:50pm

EDC 280

Trish Minor has been working on developing her own mindfulness practice for many years. In this session Trish will briefly introduce mindfulness, discuss some of the physiological benefits of it, and teach some mindfulness practices that can be incorporated into our daily advising work.

To register for this event please email smithwah@ucalgary.ca

by Monday, June 11th 2012

Space is limited, so be sure to register early!

Please feel free to bring your lunch.