Weekly Meditation Group

Led by Staff Psychologist,
Nathan Lamkin

Wednesdays
12:15-12:45pm
Prayer Room on the Second level of the library
Beginning November 11th
*No signing up or registration required. Just show up!
*All are welcome. No experience needed. Religiosity not required.

Benefits of Meditation:
*Cultivates positive well-being
*Lowers stress
*Decreases anxiety and depression
*Increases mindfulness and focus
*Improves immune functioning

*Check out our website for more information on meditation: jcu.edu/counseling