



Mindfulness + Yoga

(CC) 2015 City of Overland Park

The Office of Administration and the Wellness Committee
cordially invite you to the

Mindfulness and Yoga for Stress Reduction at Work

Find ways to relax, calm your mind and body, and improve your focus at work and in your life.
This is a participatory workshop, so wear comfortable clothes.
Come ready to learn and have fun! Bring your own lunch.

June 6, 2016
12:00 p.m. - 1:00 p.m.

Center for Brain Health, **Pickens Room**

RSVP to wnewton@utdallas.edu by June 1.

The University of Texas at Dallas