

**Employee Assistance Program**  
— Lunch and Learn —

**Mindfulness – Moments, Movement and Methods**

By David Mora, Licensed Professional Counselor

**June 27, 2017**  
**12:00 p.m. – 1:00 p.m.**  
**Galaxy Rooms A & B (SU 2.602)**

Our senses are overwhelmed with the constant processing of information. This workshop will address staying focused in the midst of chaos in daily life. Tools will be given on how to walk mindfully and use stretching methods along with other helpful tips to decrease the body's stress. When one takes the time to live in the here and now our stress levels adjust accordingly.

This workshop is limited to 100 participants.

**Reserve your spot by registering online before June 19:**  
[https://utdallas.qualtrics.com/jfe/form/SV\\_a36Xiciqk8Q9e9T](https://utdallas.qualtrics.com/jfe/form/SV_a36Xiciqk8Q9e9T)

Questions? Contact [Nora.Pena@utdallas.edu](mailto:Nora.Pena@utdallas.edu)

**Employee Assistance Program (EAP)**

<http://www.utsouthwestern.edu/about-us/administrative-offices/human-resources/benefits-and-retirement/special-programs/eap/>

**UT Dallas Wellness Committee**  
[utdallas.edu/wellness](http://utdallas.edu/wellness)