

IN CELEBRATION OF SOCIAL WORK MONTH ASU AND NAU SOCIAL WORK PROGRAMS WITH AWC TRANSFER DEPARTMENT PRESENT:

MINDFULNESS MATTERS: SIMPLE STRATEGIES FOR EVERYDAY LIFE



Between classes, work, and life, it's easy to feel overwhelmed. What if there was a way to feel more in control, calm, and focused—without adding another thing to your to-do list?

Join us for an engaging session on Mindfulness and discover easy, practical techniques to reduce stress and improve your well-being!

EVENT DETAILS

**WEDNESDAY,
MARCH 26TH, 2025**

10 AM - 11:30 AM

Matador Activity Center
MAC 106
AWC Main Campus

This is a free event open to all AWC,
NAU, U of A and ASU Students,
Faculty and Alumni.

