Terry and Wayne Lobdell Mind Body Wellness Program

Integrative Wellness Series November Calendar

Friday, November 4th	Mindfulness: The Love Within	Support Services Bldg 110 Auditorium	11:00a – 12:00p
Friday, November 11th	Mindfulness: Finding Beauty	Support Services Bldg 110 Auditorium	11:00a – 12:00p
Wednesday, November 16th	Breathing for Wellness: Pranayama Meets Singing	Support Services Bldg 110 Auditorium	11:00a – 12:00p
Friday, November 18th	Mindfulness: Cultivating Gratitude	Support Services Bldg C046	11:00a – 12:00p
Wednesday, November 30th	Nutrition: The Harvest Kitchen	Conference Room 1301	1:30p – 3:00p

Embrace a healthier lifestyle this fall! The Integrative Wellness Series seeks to provide participants with practical, evidence-based wellness information through experiential workshops. Participants in the series will explore traditional and complementary wellness practices and master techniques to adopt a healthier lifestyle.

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The Integrative Wellness Series is FREE to attend and open to all

For more information, please contact: MindBodyWellness@miami.edu

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