The CU Denver | Anschutz Medical Campus Staff Council is pleased to present:

Mindfulness: A Key to Success and Wellbeing in the Workplace

with Bethann Bierer, Ph.D., Licensed Clinical Psychologist & Senior Instructor, CU Denver Psychology Department

Denver Campus
Friday September 23rd
North Classroom: #1130-A
12:00 PM – 1:00 PM

Come explore some key concepts and take the opportunity to practice mindfulness activities that you can use in your daily life to enhance your wellbeing.

PLEASE RSVP Space is limited

Brown bag lunches encouraged!

Brought to you by Staff Council