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**

**Anschutz Medical Campus**
Monday September 26th
Krugman Conference Hall (Trivisible Room): RC 2
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