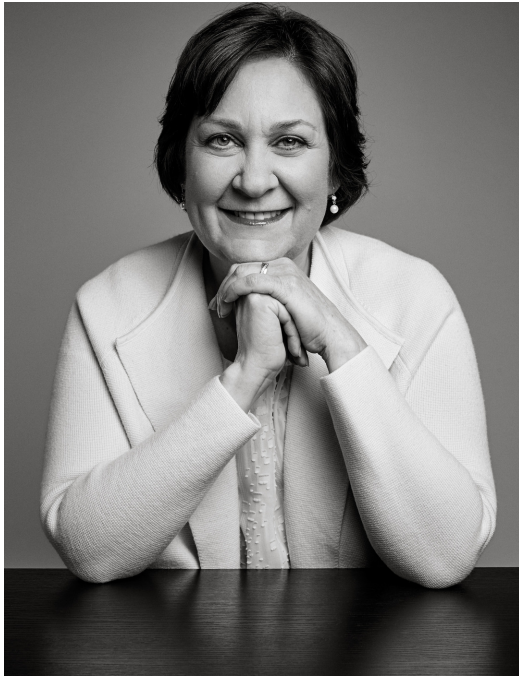


JOIN US! The Center for Contemplative Studies
presents

Mind Full Or Mindful? Decluttering Your Busy Mind !



Saturday, October 12, 10am-12noon

Harriet Stein, BA., MS., R.N.

Registration is Free w/ wcu ID card, 5\$ for faculty, \$20 all others.

Please click here to register

wcuhealthsciences.ticketleap.com/mind-full-or-mindful/

Do you find yourself having to quickly respond to many things at once? Are you yearning to just have some space to think? Do you wake up in the middle of the night concerned about work or school, and unable to sleep, and then arrive the next day in a state of constantly feeling tired and overwhelmed? We'll review how to easily and quickly develop a Mindfulness practice to help enable you to increase your productivity and allow you to sleep at night..



Harriet Stein has more than thirty years' experience in the healthcare industry, including almost a decade teaching Mindfulness at Johnson & Johnson. She is a Registered Nurse and professional presenter to companies ranging in size from small firms through the Fortune 500. She is called an "inspirational teacher," and utilizes humor to teach the practice of Mindfulness.



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