



Join us!

at the

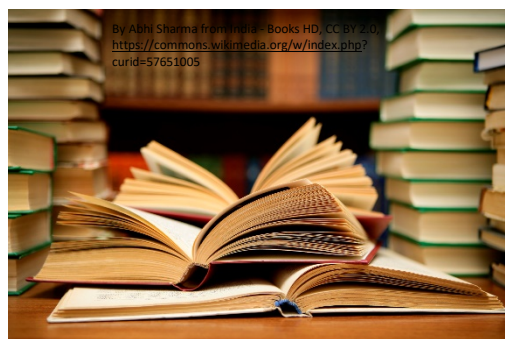
Center for Contemplative Studies



MINDFUL READING STUDY

INTERESTED IN BEING PART OF A
MINDFULNESS STUDY ON CAMPUS?

THE CENTER FOR CONTEMPLATIVE STUDIES IS HOSTING
A STUDY ON MINDFUL READING GROUPS AND MENTAL
HEALTH. WE WILL READ ALOUD TOGETHER AWARD
WINNING SHORT STORIES AND POEMS.



PIZZA AND BEVERAGES PROVIDED
1 HOUR/WEEK FOR 6-8 WEEKS

\$20 GIFT CARD TO STUDENTS
WHO COMPLETE THE STUDY

STARTING WEDNESDAY, FEBRUARY 5TH
FROM 2-3PM OR 3-4PM.

PLEASE CONTACT CCS@WCUPA.EDU OR 700 S CHURCH ST. WEST CHESTER PA,
FOR MORE INFORMATION