

# MINDFULNESS MATTERS

Mindfulness is purposefully paying attention, non judgmentally to the present moment. The practice of mindfulness can lead to an increased sense of balance, stress management and overall well-being in your life.

Continue joining us over Zoom for a mental exercise using your five senses to incorporate mindfulness into your daily routine.

Every Thursday

1:30-2:00 PM

Via ZOOM

[uiowa.zoom.us/j/129398591](https://uiowa.zoom.us/j/129398591)

[recserv.uiowa.edu](mailto:recserv.uiowa.edu) | [rec-services@uiowa.edu](mailto:rec-services@uiowa.edu)

[counseling.uiowa.edu](mailto:counseling.uiowa.edu) | [ucs@uiowa.edu](mailto:ucs@uiowa.edu)

 [UIRecServices](#) | [UlowaCounseling](#)  [UIRecServices](#) | [UlowaUCS](#)  [@UIRecServices](#) | [@UlowaCounseling](#)

*Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact Recreational Services in advance at 319-335-9293.*

