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.

Wednesdays | 7:30 - 8:00 PM
Thursdays | 1:30 - 2:00 PM

Register in advance at recserv.uiowa.edu to receive the Zoom link

*No Class November 25th and 26th

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.