Mindfulness is the practice of purposely focusing your attention on the present without drifting into concerns about the past or future.

Tuesdays, 10/23, 11/20, 12/12
12-12:45 at PPPL Furth Plasma Physics Library

For PPPL students, faculty, and staff
Drop-in as often as you can!

Learn to quiet the mind and ease physical distress. This mindfulness series will provide an opportunity to slow down in this fast-paced setting.

Facilitated by Shefalika Gandhi, LCSW, and Bonnie Liao, PhD, University Health Services. Sponsored by Princeton Plasma Physics Laboratory (PPPL).
Email mgonzalez@pppl.gov for more information.