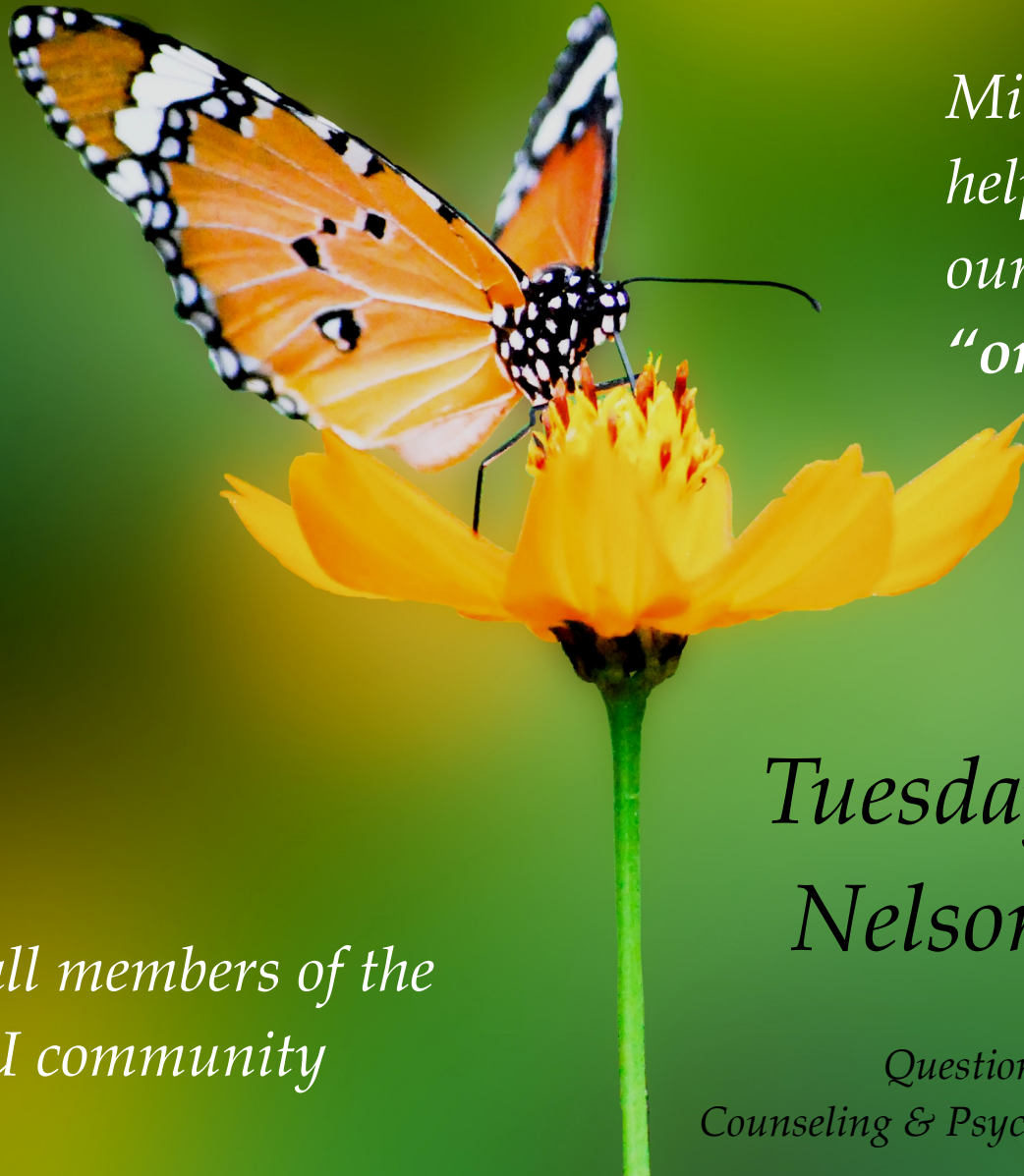


one breath....



Mindfulness can be a tool to help us slow down, regain our balance, and take things "one breath at a time...."

*Tuesdays, 5:00-6:00pm
Nelson Hall East 120*

*open to all members of the
HSU community*

*Questions? Brian McElwain, Ph.D.,
Counseling & Psychological Services, brian@humboldt.edu*