

FREE!

MINDFULNESS MEDITATION

DROP IN!

Mindfulness meditation helps us to manage stress and to develop a caring, compassionate, non-judgmental awareness of our own experience.

ALL ARE WELCOME: FACULTY, STAFF AND STUDENTS
FALL 2018

RUTGERS BUSINESS SCHOOL, LIVINGSTON CAMPUS, ROOM 3095

Mondays: 12 PM – 1 PM

September 17 – November 26

NO WORKSHOPS ON 10/8, 10/22, 11/5, and 11/19. 9/24 WORKSHOP WILL BE HELD IN ROOM 5038

BUSCH CAMPUS CENTER, ROOM 122 A

Tuesdays: 12 PM – 1 PM

September 4 – December 18

**STUDENT ACTIVITIES CENTER, CONFERENCE ROOM
GEORGE STREET, COLLEGE AVE CAMPUS**

Wednesdays: 12 PM – 1 PM

September 5 – December 19

DOUGLASS STUDENT CENTER, ROOM C

Thursdays: 12 PM – 1 PM

September 6 – December 20

THESE SESSIONS ARE FREE AND YOU CAN JUST DROP IN!

FOR MORE INFORMATION CONTACT:
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RUTGERS
Student Affairs

  
[/RUStudentHealth](#)

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(848) 932-7884

**COUNSELING, ALCOHOL & OTHER
DRUG ASSISTANCE PROGRAM AND
PSYCHIATRIC SERVICES (CAPS)**

*Persons with disabilities who anticipate needing accommodations or who have questions about physical access for this event may contact (848) 932-7884 in advance of the program.