



KORU
mindfulness

Open your mind. Manage your stress.

Learn mindfulness & meditation.
Join our 4 week class.



TAUGHT BY: **Kim Weiner, Ph.D**

WHEN: September, 27th, October 4th, 11th, and 18th.
Time: 4:30 – 5:45 pm (Wednesdays)

WHERE: **Suites on Maple East G18**

TO REGISTER: Email: admin-mindful-llc@iup.edu or call 724-357-2621
Limited Enrollment!!

