

FREE **MEDITATION** **SESSIONS**

WHEN

EVERY WED/THRS

STARTING FEB 2nd

12:00 – 1:00 PM

WHERE

UNION SOUTH

See TITU for room information

GUIDED BY

BOB MCGRATH, PSYD, ABPP

UNIVERSITY HEALTH SERVICES

<http://www.uhs.wisc.edu/services/wellness/meditation.shtml>

**OPEN TO
ALL UW
STUDENTS,
FACULTY &
STAFF**

NO REGISTRATION REQUIRED

BENEFITS

REDUCES STRESS
LOWERS BLOOD PRESSURE
SHARPENS FOCUS
REDUCES ANXIETY
PROMOTES GOOD HEALTH
IMPROVES MEMORY
INCREASES ATTENTION
ELEVATES YOUR MOOD
ENHANCES SLEEP

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UNIVERSITY HEALTH SERVICES
RESEARCH & SPONSORED PROG

**DO SOMETHING
GOOD FOR
YOURSELF-
NOW IS THE
TIME TO START!**

