SPRING

Mindfulness MEDITATION

- 6 Session Program
- Ongoing Throughout the Semester
- New Groups Every Two Weeks

Email Stacey Shumaker at SWCounseling9@salisbury.edu to register and receive more information Counseling Center

SU is an Equal Opportunity/AA/Title IX university and provides reasonable accommodation given sufficient notice to the University office or staff sponsoring the event or program.

For more information regarding SU's policies and procedures, please visit www.salisbury.edu/equity.