



MENTAL HEALTH
AMBASSADORS
ESTABLISHED 2019

An Honors College Faculty Fellows
Initiative presents

Guided Meditations:
15min + Q&A

with Dr. Kristine Hurst-Wajszczuk
on Zoom

Mindful Mondays:
11am-11:30am

Friday Focus:
2pm-2:30pm

Zoom Meeting ID: 440 253 2164. Please email rlanzi@uab.edu with
questions, and follow us on Instagram and Twitter at @uabmha.



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