

WEEKLY DROP-IN WORKSHOP

Pause and Reset: Skills for Mindfulness

1714 9th Ave South, 3rd Floor Student Health & Wellness Center

Explore simple practices you can integrate into daily life to reconnect with the present moment and reduce stress.

This workshop is:

- Led by a licensed mental health professional
- Free and open to all UAB students
- No registration required!

UAB The University of Alabama at Birmingham.

Student Counseling Services

Mondays

at 12:30pm

Wellness Promotion
Classroom, Room 390

**CLICK A DATE TO LEARN
MORE ON ENGAGE!**

November 3rd

November 10th

November 17th

December 1st

