

Mindfulness For Anxiety

Join us for a 3 session
Zoom Workshop on
navigating anxiety using
mindfulness practices



Tuesday 11:00 am - 12:00 pm
April 20 - May 4

Students may register using the QR code or at this link:
https://virginiatech.qualtrics.com/jfe/form/SV_7VhnHBF5fQpmWuW

Learn practical tools to get out of your head
and into the present moment