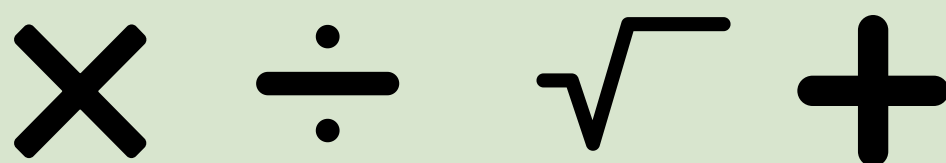


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MINDFUL MATH: STRESS REDUCTION WORKSHOPS

SAMANTHA DOLUWEERA,
ASSISTANT PROFESSOR OF MATHEMATICS



Build relaxation and confidence to overcome math anxiety.
Embrace a growth mindset to enhance your learning journey.
Learn breathing techniques to reduce stress and ways to use
mindfulness strategies to improve focus.

New!

Meet and Greet at the Nutrition Hub, grab a
snack and fuel your mind. Multi-sensory
learning tools included in workshop giveaway.

DATES:

SEPTEMBER 30
OCTOBER 28
NOVEMBER 25

TIME:

12:00 TO 1:00 PM

LOCATION:

WELLNESS CENTER

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