2020 MINDFULNESS MONDAYS

Did you know that Employee Well-being hosts Mindfulness Mondays, a dedicated time for KSU employees to drop in to relax and de-stress with short guided mindfulness exercises, puzzles and coloring?

Join this relaxation space to learn and practice simple mindfulness techniques and stress management skills that you can easily incorporate into your daily routine.

UPCOMING SESSIONS:

12:00 -1:30 pm Drop-in as your work schedule permits

Monday, March 9
Kennesaw Campus
Kennesaw Hall KHE1103

Monday, March 16
Marietta Campus
Design 1 Building Jury Room 111

For instructor-led activities, join us at 12:15pm for 15 minutes of mindfulness meditation and at 12:45pm for 20 min. of chair yoga.

Have questions? Please contact your Employee Well-being team at efc@kennesaw.edu