Let go of Stress with Mindfulness Meditation

Mindfulness Meditation is a practice that can help you decrease stress, anxiety, and depression by teaching you to focus on the present moment.

Come drop in...

- **Mondays from 10–10:30am**
  - Campus Recreation Center

- **Wednesdays from 1–2pm**
  - 2nd floor of Student Health Services, CAPS

- **Thursdays from 3:30–4pm**
  - HSC Office, 3rd Floor, F040

No appointment or experience needed!

Contact Us!
(631) 632–6720
www.stonybrook.edu/caps