

STUDY BREAK!

Learn Mindfulness Techniques from Ashley Norwood, Health and Wellness Coach and MBSR, Yoga, and Mindfulness Instructor

And Enjoy Dancing Deer Cookies!



When: **TODAY (11/7); 12:15PM-12:45PM**

Where: **Banana Lounge (26-110)**

Sponsored by

MindHandHeart & Community Wellness at MIT Medical