

Fall 2022

# Mindfulness Drop-in Session for Black, Indigenous and People of Color

## WHEN

Monday, October 10, 2022  
Noon - 12:45pm

## WHERE

Online via Zoom

## FEE

Free!

## REGISTER

[uwhealth.org/mindfulness](http://uwhealth.org/mindfulness)



This mindfulness drop-in session is offered by BIPOC teachers for BIPOC community to practice together.

**UWHealth**

UW Health Mindfulness Program  
(608)265-8325