

Youth Back-to-School Day of Mindfulness

Saturday, August 26, 2023

10am - 1pm

UW Health, 621 Science Dr



This in-person session provides students (grades 6-12) the opportunity to explore mindfulness, movement, nature, self-reflection and connecting with others.

Activities will support learning new skills, freshening existing skills, enhancing resilience through awareness, compassion and kindness. No previous experience with mindfulness is necessary. All are welcome.

\$30 standard fee/\$15 supported fee (discount code on website)

Details: uwhealth.org/mindfulness

UWHealth

UW Health Mindfulness Program
(608)265-8325

