

Moment to Moment Meditation

The answers you have been longing for are deep within yourself. Take a few minutes to discover how!

- Reduce your stress
- Boost your immune system
- Improve your attention
- Increase compassion
- Improve your overall well-being



**Tuesdays 12:30-1:00pm
Welte Hall Room 107
Begins January 31**

**No cost! No registration!
No experience necessary!**

Come as often as you like!

Led by CCSU Professors and Staff

Sponsored by
*☪Central, Campus of Compassion Committee
Forum for Contemplative Practices*