

Managing Exam Stress with Mindfulness

Are you feeling anxious
or overwhelmed?

Take a break from papers and
exam prep to practice
mindfulness and learn how to
incorporate it into your everyday
wellness routines!

Tuesday, November 19 from 12 - 1 p.m.
in the Women's Center

Monday, December 9 from 12 - 1 p.m.
in the Center for Well-Being Room 118

No registration is required!

For more
information,
visit our
UMBC
events page



If you need accommodations for a
disability, please contact
swill1@umbc.edu at least one week prior
to the start of the workshop.

All RIH services are LGBTQIA2S+
friendly and are welcoming to all diverse
populations.



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