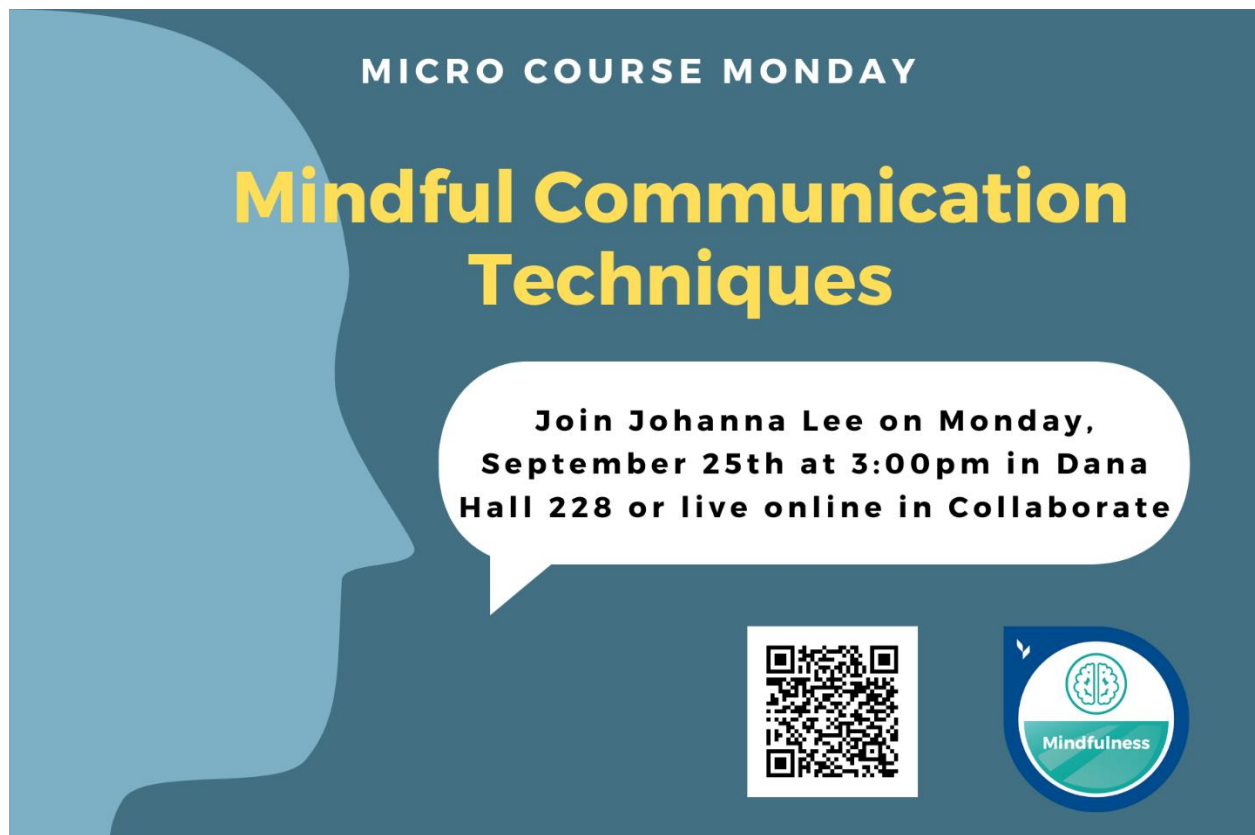


Micro Course Monday – Mindful Communication Techniques

Micro Course	Mindful Communications Techniques
Date	Monday, September 25th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – campus map – parking in lot 5
Online Link	Live online in Collaborate
Presenter	Johanna Lee



Explore ways of bringing intention to your communication in order to build compassion, understanding, and clarity. Mindful communication enhances our ability to stay present and maintain an open mindset, which increases our ability to learn and expand our ideas, perspectives, and grow through the exchange. This session will offer resources for further exploration of your communication style.

Still interested in the topic?

Each semester SUNY Canton offers 1-credit and 3-credit courses on the topic of wellness, including mindfulness and yoga. [Wellness course list](#)

Enroll in the [Foundations in Mind-Body Wellness minor](#), which includes 6 courses (18 credits) dedicated to the integration of theory and practice of mind-body wellness and health.