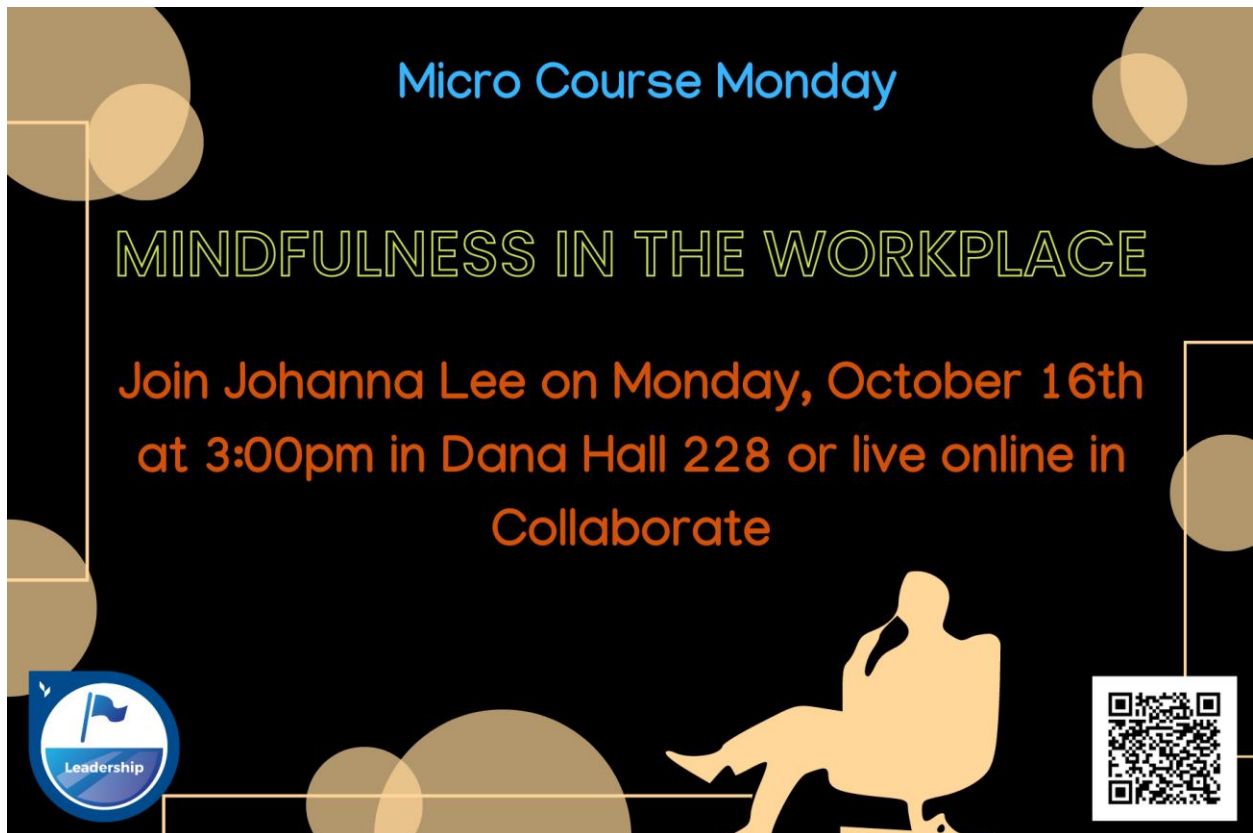


### Micro Course Monday – Mindfulness in the Workplace

Micro Course	Mindfulness in the Workplace
Date	Monday, October 16th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – <a href="#">campus map</a> – parking in lot 5
Online Link	<a href="#">Live online in Collaborate</a>
Presenter	Johanna Lee



The practice of mindfulness offers a number of benefits including mental and physical health through reduced stress, increased resilience, and greater emotional intelligence and self-awareness. Johanna will offer methods for infusing mindful practices into your workday as well as guide participants through the practice of a few of the exercises.

#### 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.