

## Coffee Hour: BEGIN WITH A BREATH

**JOIN US ONLINE** 

Thursday, Jan 8, 2026

8:30 - 10:00 a.m. ET

Online via Zoom Webinar

Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression, and physical tension, and may help manage chronic conditions. Mindfulness for Better Living includes a suite of one-time workshops to help people learn ways to use mindfulness to manage everyday stress.

Begin with a Breath introduces participants to the experience and practice of mindfulness, with a goal of reducing stress. Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more.

FOR MORE INFORMATION OR QUESTIONS, CONTACT:

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## REGISTRATION REQUIRED:

https://events.anr.msu.edu/ CoffeeHourBeginwithaBrea thJan2026/



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