



Image by Michelle Luttrell

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:**

Miloni Rathod at rathodmi@msu.edu,

Cost: FREE

**REGISTRATION
REQUIRED:**

[https://events.anr.msu.edu/
CoffeeHourBeginwithaBreathJan2026/](https://events.anr.msu.edu/CoffeeHourBeginwithaBreathJan2026/)



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