



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.

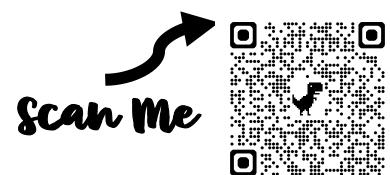
**FOR MORE INFORMATION  
OR QUESTIONS, CONTACT:**

Miloni Rathod at [rathodmi@msu.edu](mailto:rathodmi@msu.edu),

**Cost: FREE**

**REGISTRATION  
REQUIRED:**

[https://events.anr.msu.edu/  
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**LEARN MORE/ REFER TO OUR PROGRAMS [HERE](#)**

[https://www.canr.msu.edu/stress\\_less\\_with\\_mindfulness/learn-more-refer-to-our-programs](https://www.canr.msu.edu/stress_less_with_mindfulness/learn-more-refer-to-our-programs)

