The UC Center for Integrative Health & Wellness offers an experiential course in mind-body medicine skills

Mind-Body approaches put high value on and teach the power of self-awareness and self-care. In order to understand the potential of these approaches, as well as apply them in professional and personal practice, students will experience a variety of skills themselves. Students who have previously participated in the UC Mind-Body Skills program report decreased stress and negative mood, and increased empathy, resiliency, and positive mood.

The Mind-Body Skills course is offered at no cost to students, however space is limited. The only requirement is to complete the registration form and commit to attending every group meeting. To apply, please complete the online registration form: https://forms.gle/jqVBx2bHETt3Gr6d9

The group meets for 9 weeks on Mondays (begin 6/24-8/19) or Thursdays 5-7 PM (6/20-8/22) with two faculty co-facilitators. The students will learn various Mind-Body skills, practice them and discuss their experiences with members of the small group. Students will have an opportunity for individual attention and instruction, as well as sharing what they are learning about Mind-Body Medicine and about themselves.

For More Information
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