

Spring 2019 Harrisburg campus Wellness Counseling Workshop Series
Mindfulness for Stress and Anxiety at the Harrisburg Campus

Date: Every Thursday beginning January 31st, 2019

This group will meet every Thursday from 1/31-March 28 EXCEPT March 7 (spring break).

Time: 12:30 – 1:30 pm

Location: Harrisburg Campus – Cooper Student room 209 A

Phone: 717-780-2498

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Contact Email: sbgoodli@hacc.edu

Details:

Do you feel traumatized or anxious as a result of what is going on in the world around you such as the constant barrage of bad news on your social media feeds? If so, this workshop is to help you learn to nourish yourself with silence and mindfulness in a supportive group setting. There will be periods of breathing meditation, walking meditation, guided sitting meditation, with time for discussion at the end of the afternoon.

RSVP preferred due to space limitation. Please include your name, HACCid and the workshop, date/time you plan to attend. Please use [this link](#). To sign up use your Hawk email. If faculty are interested in bringing a class, please email or call 212505. Email – sbgoodli@hacc.edu