



Introductory Workshop on Mindfulness and Mindfulness-Based Stress Reduction

Tuesday, May 19, 2:00-3:30 p.m., Hybrid, Rockville Campus, Long Nguyen and Kimmy Duong Student Services Center (SV), Room 302, and Online via Zoom

Yvonne Hu-Cotto is a mindfulness facilitator certified by Brown University. She is excited to share this beautiful practice with the MC community. This is a 90-minute session that will be offered both in-person and on Zoom. Participants will experience a sitting meditation, a movement/eating mindfulness activity, and discuss what mindfulness is and address common myths. No prior experience is needed. This session is designed for anyone interested in building greater awareness, balance, and resilience in daily life.

[Register for Zoom](#)

<https://www.montgomerycollege.edu/events/asian-pacific-heritage>