

# Mindful Mondays

Life is stressful, but anyone can learn to cope.  
Practicing mindfulness can help reduce stress  
and improve memory.

Join us for a 15-minute guided mindfulness activity,  
followed by 45 minutes of quiet stress relieving activities.



Every Monday  
February 3rd to May 4th  
From 12:00 pm to 1:00 pm

Location:  
Science Center 462  
Rockville Campus

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