



School of  
Continuing Education &  
Workforce Development  
Wayne County Community College District

In partnership with  
**Beaumont**

# Mindfulness 101 & 102

**Friday, September 13, 2019**

**Mary Ellen Stempfle University Center  
Center for Learning Technology**

19191 Vernier Road, Harper Woods, MI 48225

**Mindfulness 101: 10:00 A.M. - 11:00 A.M.**

A 50 minute presentation including an introduction to mindfulness, potential benefits, techniques for practice and various resources.

**Mindfulness 201: 11:00 A.M. - 1:00 P.M.**

*(Pre-Req: Mindfulness 101)*

An extended 3-hour workshop to further explore mindfulness through experiential learning and discussion with additional focus on mindful communication, includes gentle yoga practice.

No experience required and all abilities welcomed.

Suggests participants bring a mat, notebook, and pen

**Attire: Dress in comfortable clothes**

**Open to all adults at no cost!**

**FOR MORE INFORMATION, VISIT [WWW.WCCCD.EDU](http://WWW.WCCCD.EDU) OR CALL 313-496-2704 Follow Us!**

