

Thursday,  
November 19th  
11:00am—  
12:00pm  
McKee 0020  
(conference room)

The Ed Psych Society Presents:



an interactive introduction to  
**Mindful Living**

**With Dr. Steve Quackenbush, Ed.S.**

Dr. Quackenbush is a staff member at the UNC Counseling Center & facilitator of the Mindful Living group.

Stressed out? Stuck on autopilot? Mindfulness can help you reduce anxiety, relax, focus, and be more aware of your behaviors, thoughts, and environment.

For more information, please contact Karen Schmidt,  
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970-397-8684

Or visit  
[www.unco.edu/edpsychsociety](http://www.unco.edu/edpsychsociety)