



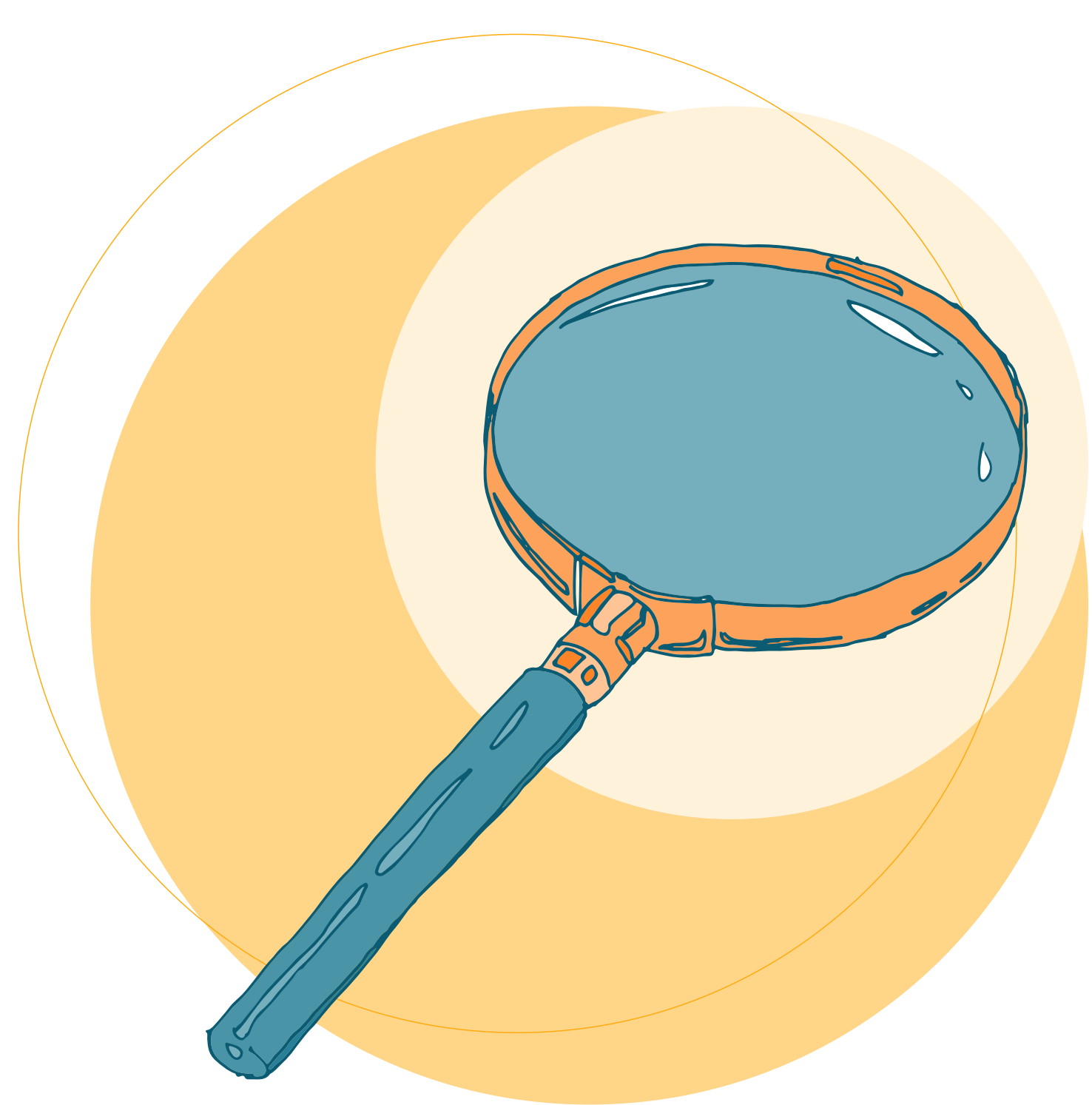
# 30-Day Mindfulness Challenge

## UBC Faculty and Staff

Want to experience less stress, more joy and better focus?  
Participate in one of our online Mindfulness Challenges!

Group Start Date: November 1, 2019  
Or, begin your own practice every Tuesday

Participants in the Challenge report feeling:



**More Engaged**



**Healthier & Happier**



**Working Better Together**