



DROP-IN MEDITATION SERIES

Join us on the first Mondays of each month from 12:30 - 1 p.m. for a drop-in meditation session. Setting aside regular time to quiet your mind helps reduce stress and improve well-being. No meditation experience necessary. For more information or to register, visit www.umaryland.edu/wellness

2019 DATES

STUDY BREAK BOOST*

Monday, Sept. 9
SMC Campus Center, Room 415

BREAK FROM STRESSFUL DAYS

Monday, Oct. 7
SMC Campus Center, Room 415

RECHARGE BEFORE CLASS

Monday, Nov. 4
SMC Campus Center, Room 415

TAKING AN EXAM

Monday, Dec. 2
SMC Campus Center, Room 415

*changes due to Labor Day weekend

2020 DATES

PEACEFUL PLACE

Monday, Jan. 6
SMC Campus Center, Room 415

SHARPEN YOUR FOCUS

Monday, Feb. 3
SMC Campus Center, Room 415

LOVING-KINDNESS

Monday, March 2
SMC Campus Center, Room 415

MENTAL CLARITY

Thursday, April 6
SMC Campus Center, Room 415

TAKING AN EXAM

Thursday, May 4
SMC Campus Center, Room 415