

encourage *relate better*
peace

focus

self-reflect *improve*
performance

calm down

CRS 347 *Mindful Communication Skills*

SUMMER SESSION 2

July 3–Aug. 10
Monday-Thursday

Noon–1:45 p.m.
123 Sims Hall

Professor
Diane Grimes

Activities include:

- Yoga
- Journaling
- Daily meditation
- Sharing mindfulness practices

Registration code: 72047,
3 credits

Non-CRS majors: Summer may
be your only opportunity to
take this course.

SU employees: Consider auditing.
bit.ly/1QThyJE

For more information:
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