

Focurage relate better CCUS Calm down

self-reflect improve performance

CRS 347 Mindful Communication Skills

SUMMER SESSION 2

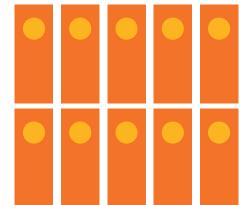
July 3–Aug. 10 Monday-Thursday

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:

dsgrimes@syr.edu

