

BRENAU UNIVERSITY

WAYS TO WELLNESS

The Staff Development Committee is excited to provide wellness activities to help you relax and plan for success!

MINDFULNESS MEDITATION

Mindfulness meditation has been proven to decrease stress, blood pressure, chronic pain, depression and anxiety, and improve sleep. All levels are welcome!

WEDNESDAY, NOVEMBER 28TH

Time: 12pm-1pm

Location: Trustee Library Quiet Zone

LET'S GET ORGANIZED!

Join us as we problem solve and organize the chaos of life. We will discuss tips and tricks to help get and stay organized. Bring your planner, pens and/or markers!

THURSDAY, NOVEMBER 29TH

Time: 12pm-1pm

Location: The Sub

