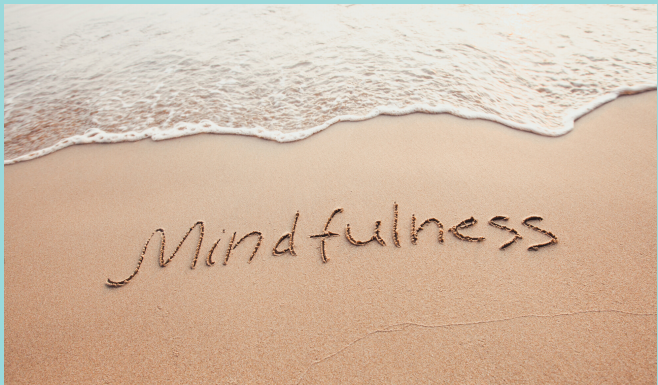


# MINDFULNESS STRESS REDUCTION



**Eleanor Miles, mindfulness expert, will speak on the ways mindfulness can help with school and in your daily life.**



In this session, students will have the opportunity to explore the value of mindfulness for focusing attention, a crucial study skill. Students will learn the basics of practicing mindfulness as a method of disciplining thoughts for increasing alertness and attention to essentials rather than distractions.

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**WEDNESDAY, APRIL 29, 2020 - 1:00 PM**  
**SCOTT NORTHERN WAKE CAMPUS LIBRARY**