

The UC Center for Integrative Health & Wellness offers an
experiential course in mind-body medicine skills
for DAAP students

Mind-Body approaches put high value on and teach the power of **self-awareness** and **self-care**. In order to understand the potential of these approaches, as well as apply them in professional and personal practice, students will learn and practice a variety of skills themselves. Students who have previously participated in the UC Mind-Body Skills program report **decreased stress and negative mood, and increased empathy, resiliency, positive mood, and mindfulness**.

The Mind-Body Skills course is offered at **no cost** to students, however space is limited. The only requirement is to **complete the registration form and commit to attending every group meeting**.

To apply, please complete the online registration form: <https://forms.gle/97Fusn5ppvuTZLBs6>

The group meets for 9 weeks on Wednesdays 4:30-5:30 PM with two co-facilitators, Laurie Wilson and Nandita Sheth. The students will learn various Mind-Body skills, practice them and discuss their experiences with members of the small group. Students will have an opportunity for individual attention and instruction, as well as sharing what they are learning about Mind-Body Medicine and about themselves.

For More Information

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Visit: <https://ucmindbody.wixsite.com/ucmindbody>