Brain Breaks

Tuesdays
12:15 PM – 12:45 PM
July 18, August 1, 8, 15, 22, 29/2017
Room C – 909

Join us twice a week and give your brain a break! Take 20 minutes out of your day to reduce stress by connecting with yourself and your experiences. Combat your stress and anxiety as well as increase focus and concentration. (Note the same methods will be taught by both instructors).

Facilitator:

John Parssinen is a grant writer in the Grants Office. He first started meditating in 2007 as a way to manage stress. Meditation offers several benefits, such as greater patience, reduced anxiety/stress, and greater peace of mind.

For more information, please contact Matthew S. Joffe at matthewj@lagcc.cuny.edu.

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