Joyous Living

An 8-week program designed to help you decrease your stress and live with joy!

Join us in learning about joy, stress, and the effects these states have on the mind and the body. In this interactive, hands on program, you will learn about key concepts that will help you reduce stress and body tension, increase focus, and come back to our natural state of joy. The program will consist of weekly discussions and activities. Talks will focus on finding joy, unpacking stress, breathing and mindfulness, self-care activities like massage, acupuncture, and exercise to promote decreased tension, and the importance of movement and good nutrition for the body. These activities will be designed to help you practice what you learn in class and build resiliency for life’s challenges. Participants are encouraged to attend all eight weeks, but it is not required. Detailed info can be found on our website.

Dates: Wednesdays, from September 28 – November 16, 2016
Time: 12:00 – 1:00pm
Location: Raynor Library Beaumier Suite C and AMU 313

Register Online