



KORU
mindfulness

Open your mind. Manage your stress.

Learn mindfulness & meditation.
Join our 4 week class.

Weight Warriors Participants ONLY!



TAUGHT BY: Jason Cataldo, LMFT & Jen Burton, MS

WHEN: Thursdays, 2/23, 3/2, 3/9, 3/16; 4-5:15pm

WHERE: The Cove, 1st floor of the WELL

TO REGISTER: Email: jason.cataldo@csus.edu