



The Department of Neurology
and
University of Colorado School of Medicine
present
The Supportive & Neuro-Palliative Care Community Series

How Meditation and Mindfulness Can Support Your Well-Being

Jenine Camins

Certified Mindfulness & Meditation
Instructor, UQ Mindfulness

Tuesday, November 9, 2021

4:00-5:00 PM (MST)

<https://ucdenver.zoom.us/j/92010504494>

For More Information Please Contact

Candace Ellman 303-724-2194

Candace.Ellman@CUanschutz.edu

advance registration is not required