Using Emotional Intelligence and Mindfulness to Navigate the Stress of Life

"Come and Join Us Online"

As a Former Law Librarian, and current Mindfulness Meditation Instructor discusses emotional intelligence and teaches us how to practice mindfulness as a way of enhancing your personal and professional life. Join us as we learn mindfulness meditation to reduce stress, relax, and improve focus in all aspects of life.

Thursday, May 7, 2020
2 pm E/1 pm C

@ALANMRT

Ashley Moye, MLIS
Mindfulness Meditation Instructor, Director of Communication and Marketing for Youth Meditation nonprofit organization.

TO REGISTER:
VISIT EVENTBRITE.COM/E/102317396086
CONTACT: LAQUANDA AT: LONYEMEHeGMAIL.COM WITH QUESTIONS