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20200220_Meditation Sit in HSLIC

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HSLIC News - LibGuides at University of New Mexico

Join us in the Library for a meditation sit, every Monday* from 12-1pm. Open to all students, faculty, and staff of UNM we welcome beginners or more experienced meditators. Taking time for mindfulness/meditation has been shown to help decrease burnout, reactive responses to stress, and fatigue. That is why Mark Hardison from the Occupational Therapy Graduate Program will be facilitating these sessions which will be held in the New Mexico Health Historical Collection Reading Room (223) on the 2nd floor of the Health Sciences Library and Informatics Center.

*February 24th – May 4th , not including March 16th (Spring Break)

Find all sessions [here](#) and be sure to check out our Wellness Guide [here](#).

Meditation Sit





Presented by:
Occupational Therapy Graduate Program
Health Sciences Library & Informatics Center