

# MINDFULNESS MEDITATION



CIT students are invited to learn techniques to de-stress and focus

Sessions are 20 minutes.

**When:** Every Monday\*

**Session one:** 3.00–3:20pm

**Session two:** 3:30–3:50pm

**Location:** CIT Reid Library, Room E05e

Wear comfy clothes. No need to book and you can join either session or both. These sessions are **FREE**.

Sessions are brought to you by

**CIT STUDENT SUPPORT**

(02) 6207 3290 | [CIT.Student.Support@cit.edu.au](mailto:CIT.Student.Support@cit.edu.au)

\*Excludes during semester/term break and public holidays

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