



MINDFULNESS MEDITATION

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

Sessions are offered online and each session is 20 minutes.

Join by entering this link into your internet browser:

actgov.webex.com/meet/margaret.chua

When: Every Monday*

Session one: 2:45 – 3:05pm

Session two: 3:10 – 3:30pm

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

Sessions are brought to you by:

CIT STUDENT SUPPORT

(02) 6207 3290 | CIT.Student.Support@cit.edu.au

*Excludes during semester/term break and public holidays.