

# Let go of Stress with Mindfulness Meditation

Mindfulness Meditation is a practice that can help you decrease stress, anxiety, and depression by teaching you to focus on the present moment.  
Come drop in...

Spring 2021 Practice:

Mondays  
3:00 - 3:30pm

Zoom link:  
[tinyurl.com/CAPS2021MM](https://tinyurl.com/CAPS2021MM)

No appointment or  
experience needed!



Stony Brook  
University

Student Health, Wellness  
and Prevention Services

Contact Us!  
(631) 632-6720  
[www.stonybrook.edu/caps](http://www.stonybrook.edu/caps)