# Community Mindfulness Practice

## Increase
- focus
- working memory
- relationship satisfaction
- immune function

## Reduce
- stress
- repetitive negative thoughts
- emotional reactivity

## Calendar

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Mindfulness Practice</td>
<td><strong>Tuesdays:</strong> January 10, January 24, January 31, February 7, February 21, February 28, March 7, March 14</td>
<td>1:05PM - 1:50 PM</td>
<td>SRB Student Conference Room (1st Floor)</td>
<td>Dawa Tarchin Phillips</td>
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<tr>
<td>Community Mindfulness Practice: Mindfulness for Social Justice</td>
<td><strong>Fridays:</strong> January 20, January 27, February 3, February 10, February 24, March 3, March 10, March 17</td>
<td>1:00PM - 2:00 PM</td>
<td>South Hall, Room 1623</td>
<td>Spencer Sherman</td>
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</tbody>
</table>