



LIVING WELL at U of L

Mindfulness & Self-Compassion

With Dr. Sienna Caspar, Associate Professor, Therapeutic Recreation,
Faculty of Health Sciences

Dr. Sienna Caspar will lead us through mindfulness as a method to control stress and anxiety, and increase resilience.

Jan 20, 2021 - 12:00 - 1:00 PM

Register at wellness@uleth.ca and the zoom link will be sent to you.