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| AGENDA - May 14, 2019 Mindful Wellness go.osu.edu/mindfulwellness |  |
| Group Discussion on Mindfulness  |  |
| Introduction to Mindful Wellness Curriculum  |  |
| Activity: Glass of Water (in Mindful Living lesson) |  |
| Research on Mindfulness |  |
| Mindful Practice: Three Senses (in Introduction to Mindfulness lesson) |  |
| The Value of Personal Practice for Mindfulness  |  |
| Mindful Practice: Breathing (in Mindful Breathing lesson) |  |
| About Mindful Wellness Curriculum |  |
| Mindful Practice: Mindful Eating (in Mindful Eating lesson) |  |
| LUNCH |  |
| Mindful Practice: Body Scan (in Mindful Foundations lesson)  |  |
| Opportunities for Professional Development - and Personal Practice |  |
| Questions |  |
| Mindful Practice: (surprise activity)  |  |
| Evaluations for Mindful Wellness and discussion on future ideas |  |
| Evaluation for Mindful Wellness training day  |  |
| Mindful Practice: Three Senses (in Introduction to Mindfulness lesson) |  |
| Safe Travels Home |  |

**Today’s presenters:**

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