SRF Mindfulness Class  
**Stress Reduction & Fun**  
SRF the Stress Wave

"You can't stop the waves, but you can learn to surf."

- quoted by Jon Kabat-Zinn in *Wherever You Go, There You Are.*

In just 4 classes you can learn the tools you need to surf the waves of stress. Come join us!  
**Begins Monday September 12, 4-5:30 pm**  
Campus Center 301

If you would like to join the group or to learn more please contact elow@hawaii.edu or call Counseling Services at 932-7465.