



PRACTICING THE PAUSE

A self-care community of practice

Every Thursday
8:30-9:00 AM
on Zoom

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Practices may include:
Deep breathing
Guided Imagery
Gentle Stretching
& More...

Join us!

Practicing the Pause is a weekly opportunity to practice stress reduction and resiliency skills in a supportive environment

For information and to register, go to:
go.wisc.edu/l61083

Or contact Selena Freimark
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