Nature-Based Mindfulness
Faculty and Staff Wellness Break

Hosted by Luke A. Vitagliano, PhD Candidate, MS, LPC, LAC

As little as **10 minutes** of mindfulness practice and nature-exposure is proven to reduce stress and improve wellness! Please join us for our Faculty and Staff Wellness Break with Luke Vitagliano. As the owner of Seek Your Summit LLC, Luke brings mental health and wellness services to the outdoors!

Join us for a Wellness Break in Peabody Prairie!

Tuesday November 1st: 2:45-3:10pm or 3:15-3:40pm

Location: Peabody Prairie - click [here](#) for directions

- Check the weather and temperature before attending.
- Dress comfortably.
- A few camp chairs will be available, first come first serve.
- Bring anything with you to make your experience comfortable (i.e., water, camp chairs, blankets).

**15 minutes** of psychoeducation and group discussion followed by a **10 minute** nature-based guided meditation.