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Governors State University to Host 2nd Annual Symposium on Mindfulness and Higher Education

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From: [Gladstone, Lindsay](#)
Subject: Governors State University - Registration for 2nd Annual Symposium on Mindfulness and Higher Education Now Open
Date: Friday, August 30, 2013 4:17:29 PM

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For Immediate Release

**Governors State University to Host 2nd Annual Symposium on
Mindfulness and Higher Education**

University Park, Illinois, August 30, 2013 — The College of Education and College of Health and Human Services at Governors State University will sponsor the 2nd annual Symposium on Mindfulness and Higher Education on Friday, November 1, 2013, from 8:30 a.m. to 4:30 p.m. at GSU.

Participants will learn how to incorporate mindful meditation and practices into academic, clinical and social settings through presentations, panel discussions, workshops and experiential exercises. Six CEUs are available for psychologists, counselors and social work professionals.

This event is free of charge and open to the public; meals are not included.

Online registration is required by October 19 at <http://www.govst.edu/chhs/mindfulnessReg/>. For more information, contact Dr. Maristela Zell, mzell@govst.edu.

Governors State University is located at 1 University Parkway, University Park, Illinois.