

Published on *Student Wellness* (<https://studentwellness.unc.edu>)

[Home](#) > Printer-friendly PDF > Mindfulness

Mindfulness

This workshop illuminates how the daily deluge of media messages we receive affects our health and wellness, and in particular, our body image. Participants gain knowledge and critical perspective to help resist the unrealistic expectations fueled by today's 24/7, celebrity-mad culture.

Program hosted by Student Wellness. [Contact us](#) [1] for more information.

Source URL: <https://studentwellness.unc.edu/programs/self-care/mindfulness>

Links

[1] <https://studentwellness.unc.edu/node/542>