

INTRODUCTION TO THE LABYRINTH

An Opportunity for Relaxation,
Reflection & Self-Care

Tuesday, Oct 16 | 12:10 - 12:50 pm
UVM Interfaith Center
400 S. Prospect (next to water tower on Redstone)



Looking for a creative way to care for your body, mind, and spirit during your workday? The labyrinth is a meaning-making tool that can help with stress reduction, creativity, and self-reflection. Rev. Laura C. Engelken, UVM Interfaith Coordinator, will introduce this tool and facilitate an opportunity to experience it.

REGISTRATION REQUIRED - SPACE IS LIMITED
For current UVM staff and faculty only

Please register through People Soft Human Resources at www.uvm.edu/~erp/portal
Course Code ICP007. For questions, contact Professional Development & Training at develop@uvm.edu.



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