

# FREE WEBINAR SERIES

This event will be hosted via our Online Learning Platform



UNIVERSITY OF  
KWAZULU-NATAL™  
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**EXTENDED  
LEARNING**

## Resilience through Mindfulness PART 2: STRESS



26th May 2020

10h00

Spaces are limited  
RSVP by 24th May 2020

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Facilitated by Julie Elliott and Liz Witherspoon  
from Simplicity Coaching

