Participate in a Mindfulness Scavenger Hunt!

**When:**
March 7-11

**Where:**
UWM Main Kenwood Campus

**How to participate:**
Complete at least 3 mindfulness activities

**How to win:**
Submit Form to let HPW staff know you've participated

Follow [@uwm_wellness](https://forms.office.com/r/Qww1J0fS0b) on Instagram for updates

From Norris Health Center's Office of Health Promotion and Wellness, and supported by Golda Meir Library and the Manfred Olson Planetarium.
Complete at least 3 mindfulness activities:

- Go on a mindful walk in Downer Woods
- Visit a UWM Intentional Space and complete a mindful activity
- Participate in a UREC group fitness class
- Complete an activity in the UWM Mindfulness Workbook
- Set a goal in YOU@UWM
- Complete a guided meditation in SilverCloud
- Attend UWM Planetarium event (Thur. 3/10 at 4:30-5:30pm)
- Attend mindfulness program at Golda Meir Library (Wed. 3/9 at noon-1p)
- Follow @uwm_wellness on Instagram and engage with content

How to win:
Submit Form to let HPW staff know you've participated [https://forms.office.com/r/Qww1J0fS0b](https://forms.office.com/r/Qww1J0fS0b)