

NC STATE

Counseling Center

Centennial Meditation Drop-in

No need to sign up! Just show up!

Learn to meditate! Join our experienced meditation instructors and learn about this useful practice, offering a calmer perspective and clearer vision.

Wednesdays 4:15-5:00 pm

Centennial Campus Counseling Center Annex
Research II Building, Suite 100
1009 Capability Drive



Color Me!

NC State University Counseling Center
Student Health Services Building

919-515-2423
go.ncsu.edu/counseling



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