



3 Courses

**Mindfulness and Well-being:
Foundations**

**Mindfulness and Well-being:
Living with Balance and Ease**

**Mindfulness and Well-being:
Peace in, Peace Out**



May 14, 2023

Tatsiana Muskaya

has successfully completed the online, non-credit Specialization

Mindfulness and Well-being

The goal of the Specialization is to showcase the ways in which the practice of mindfulness is an effective means of enhancing and maintaining optimal health and overall well-being that can be implemented in every aspect of daily living. The intention of the Specialization is to supply learners with practical tools to support thriving in life. Each course will feature mindfulness practices, directions for implementation and application, experiential exercises and reflection opportunities.

Dr. Elizabeth Slator
Associate Director,
Gibbs Recreation and
Wellness Department
Director and Lecturer,
Lifetime Physical
Activity Program

The online specialization named in this certificate may draw on material from courses taught on-campus, but the included courses are not equivalent to on-campus courses. Participation in this online specialization does not constitute enrollment at this university. This certificate does not confer a University grade, course credit or degree, and it does not verify the identity of the learner.

Verify this certificate at:

<https://coursera.org/verify/specialization/62J7SZBT4UP7>