



*UHart Mindfulness & Movement (MiMo)*

# MINDFUL WALK



Seeking Women with a  
Minority Background to  
volunteer for a 20-minute  
brisk walk while listening  
to a mindfulness session

**2 study visits, 60-90  
minutes each**

**\$50 FOR  
COMPLETING  
BOTH VISITS**

Exercise Science  
Laboratory in  
Hursey Center

Led by female  
researchers of  
minority  
backgrounds

Contact **Dr. Barbara Sanchez**

**BASANCHEZ@HARTFORD.EDU**