



# RICE UNIVERSITY

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## Sedigheh Khanifar

has successfully completed

### Mindfulness and Well-being: Foundations

an online non-credit course authorized by Rice University and offered through Coursera

A blue ink signature of Dr. Elizabeth Slator.

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

## COURSE CERTIFICATE



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