



Mindfulness:

What energizes you?

Swipe for ideas

Monthly guided mindfulness



Everyone is welcome.
No sign up necessary.
Participation is FREE.
Come as you are.

Time: 2pm

Place: Student Hall

3rd Thursday every month

Whenever you get distracted
by other thoughts,
simply return to one of
your senses & notice the
present moment.

We walk everyday,
instead slow down,
walk outside, with
intention to be
present.



Spend time with nature.

Spend time breaking a
sweat.





52%

will improve their
performance at work or
school.



Boost

your overall
well-being.

Reduce

stress.

Get help

by joining

our next

meeting.

