Community Service Information Hour: A POST-election Mindful101
Weds Nov. 9th, 11a-12n
721 Bway, DCR, 12h fl.

Be LESS like this: And MORE like this:

With our special Mindful101: a meditation workshop:
The basics, some useful tools, and a short guided meditation.


And let’s all breath a collective sigh of OMMMMMMMMMM.