

Mindful Moments - April

Winther Hall 3005

Monday	Tuesday	Wednesday	Thursday	Friday
March 31	April 1 3:30-4:30pm Mindful Moments, Campus Calm	April 2 12:30-1:15pm Mindful Moments, Self Compassion	April 3 3:30-4:00pm Mindful Moments, Just Breathe	April 4
April 7	April 8 3:30-4:30pm Mindful Moments, Campus Calm	April 9 12:30-1:15pm Mindful Moments, Self Compassion	April 10 3:30-4:00pm Mindful Moments, Just Breathe	April 11
April 14	April 15 3:30-4:30pm Mindful Moments, Campus Calm	April 16 12:30-1:15pm Mindful Moments, Self Compassion	April 17 3:30-4:00pm Mindful Moments, Just Breathe	April 18
April 21	April 22 3:30-4:30pm Mindful Moments, Campus Calm	April 23 12:30-1:15pm Mindful Moments, Self Compassion	April 24 3:30-4:00pm Mindful Moments, Just Breathe	April 25
April 28	April 29 3:30-4:30pm Mindful Moments, Campus Calm	April 30 12:30-1:15pm Mindful Moments, Self Compassion	May 1 3:30-4:00pm Mindful Moments, Just Breathe	May 2

