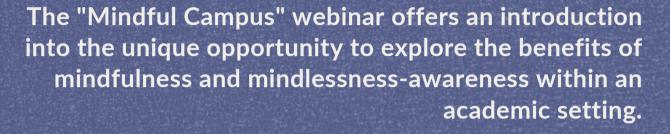
MINDFUL CAMPUS: FOSTERING RESILIENCE AND INCLUSIVITY IN ACADEMIC ENVIRONMENTS

Tuesday, February 18 | 1:00 PM - 2:30 PM ET



Maria Baez, the Proctor Institute's Visiting Scholar, will show participants the transformative means of mindful breathing, recognition, and management of automatic behaviors, and actionable strategies to foster self-awareness in daily life.

Join us to learn how to create a more supportive and inclusive campus environment!

REGISTER TO JOIN

https://proctor.gse.rutgers.edu/mindful-campus



