

# MINDFUL CAMPUS: FOSTERING RESILIENCE AND INCLUSIVITY IN ACADEMIC ENVIRONMENTS

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



The "Mindful Campus" webinar offers an introduction into the unique opportunity to explore the benefits of mindfulness and mindlessness-awareness within an academic setting.

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>



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