

Fullerton College Mindful Growth FALL 2018

MINDFUL MONDAYS 12:00 – 12:30 PM

August 27	Rm. 228
September 3	Holiday
September 10	Art Gallery (Rm. 1004)
September 17	Art Gallery
September 24	Art Gallery
October 1	Art Gallery
October 8	Art Gallery
October 15	Rm. 228
October 22	Rm. 228
October 29	Art Gallery
November 5	Art Gallery
November 12	Holiday
November 19	Art Gallery
November 26	Art Gallery
December 3	Walking Meditation Meet outside of Art Gallery

TRANQUIL TUESDAYS

SEPTEMBER 18, RM. 804, 6:30 PM

OCTOBER 23, RM. 804, 4:30 PM

NOVEMBER 20, RM. 804, 6:30 PM



The Mindful Growth Initiative fosters contemplative practices and growth opportunities to develop equity, student success, individual well-being, and community.