

Tkach, Colleen

From: Inform
Subject: EM: HIVE EVENT Mindfulness for Changemakers!

From: Salina Munoz

Hi all!

Feeling overwhelmed as the semester takes off? Take a pause with us at The Hive for an evening of mindful breathing, walking, eating, and listening in community.

Monday, 02.03.25

The Hive

5:30 - 6:15 PM PT

Ground yourself, nourish your mind, and build resilience for the long run

RSVP is required, sign up here:

<https://www.eventbrite.com/e/mindfulness-for-changemakers-tickets-1206061365009?aff=oddtcreator>



Hope to see you there!
-Hive Communications