

## **Tkach, Colleen**

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

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**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=odddtcreator>



Hope to see you there!  
-Hive Communications