

Thursday, March 6, 2025 at 15:45:40 Pacific Standard Time

Subject: EM: HIVE EVENT MONDAY Mindfulness for Change makers
Date: Thursday, March 6, 2025 at 3:45:39 PM Pacific Standard Time
From: Inform
Attachments: image001.png

From: Salina Munoz

Hi all!

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

Monday, 03.10.25
The Hive
5:30 – 6:30 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/1215683495059?aff=oddttdtcreator>



Hope to see you there!
-Hive Communications