

# Fullerton College Mindful Growth FALL 2019

# MINDFUL MONDAYS

## 12:00 – 12:30 PM

September 9	Art Gallery (Rm.1004)
September 16	Art Gallery
September 23	Art Gallery
September 30	Art Gallery
October 7	Art Gallery
October 14	Rm. 228
October 21	Rm. 228
October 28	Art Gallery
November 4	Art Gallery
November 11	Holiday
November 18	Art Gallery
November 25	Art Gallery
December 2	Art Gallery



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