

EVC ASPIRE+PLLUS
& Health and Wellness
warmly present



mindfulness workshop

Tuesday, March 4, 2025
12:15 - 1:30pm
Gullo I / Cafeteria Patio

Discover the practices of
mindful breathing, walking, and eating
as nourishment for mental health & wellness.

Register: bit.ly/4bgZ4ke



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Powerful Leadership and Learning for Unified Success

For more info, contact: aspireplus@evc.edu

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