

A misty forest background with a yellow text box. The text box contains the following information:

*Drop-In*  
*Mindfulness*

Guided Meditations

Free

All Are Welcome

Excludes Holidays & Breaks

MONDAYS & WEDNESDAYS @ 3:30 PM

TUESDAYS, THURSDAYS, & FRIDAYS @ 12:30 PM

ZOOM MEETING ID: 962 4626 9016

**THE MINDFULNESS CENTER**

STUDENT SERVICES BUILDING, ROOM 344

UNIVERSITY COUNSELING CENTER

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