ACES | ACADEMIC COMMITTEE FOR EQUITY & SUCCESS | Cañada College

EQUITY LECTURE SERIES

featuring:

Charlotte Nguyen: Mindfulness Expert

Interactive Talk on Personal and Collective Healing

In this interactive talk, we will learn about the importance of mindfulness and explore why radical self-care and reconnecting to our ancestral healing practices is critical for the work of liberation. This talk will be followed by an introductory meditation session.

Thursday, March 7, 2019
Building 6 Room 101/102

11 am - 12:30 pm

Light refreshments and snacks will be provided.

