

Sponsored by Mindful UNC

SPRING Mindfulness CELEBRATION

What? An in-person gathering for the Mindful UNC community and those who are interested. Bring your lunch and join us for a short mindfulness practice and informal conversation to share gratitude for spring and the end of the semester.

THURSDAY | MAY 2 | 12PM-1PM
2024

Who? UNC faculty and staff.

Where? [Global FedEx Building](#), 2nd Floor Atrium.

Mindful UNC is a Community of Practice that invites UNC faculty and staff to engage in contemplative practices with colleagues across the university through monthly virtual practices and other events.

To learn more about Mindful UNC or register to receive no-obligation event invitations contact robin_sansing@unc.edu.