

A Month of Mindfulness: Understanding Mental Health

● ***February 15-March 15*** ●

February 15 **Kickoff at Flavor of the Week**

12:00 p.m. Bobcat Student Lounge

February 20 **Movie on Mental Health**

8:00 p.m. Schoonover 450

February 23 **5 Signs Pledge**

3:00-5:00 p.m. Schoonover Lower Atrium

March 1 **Yoga Night**

TBD

March 14 **Poetry Night**

TBD



● ***Stay Connected*** ●



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A Month of
Mindfulness

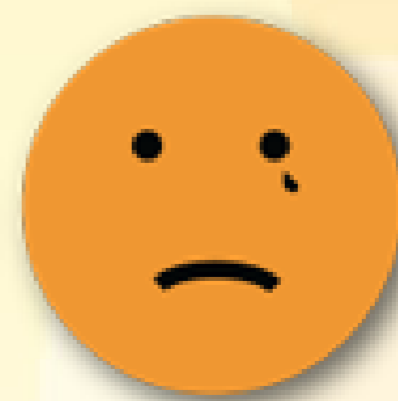
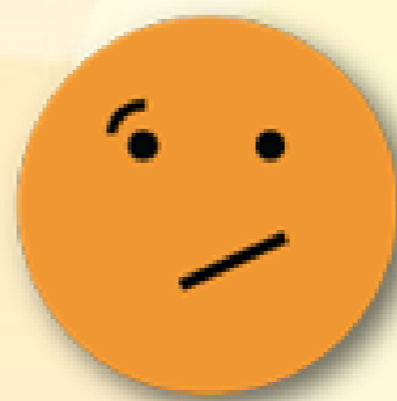
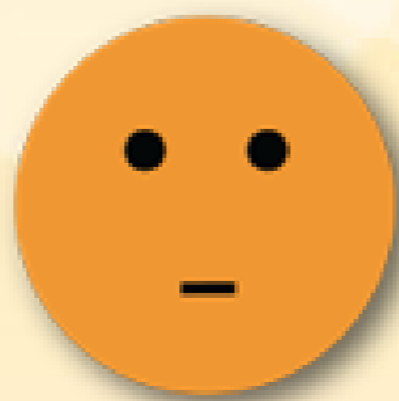
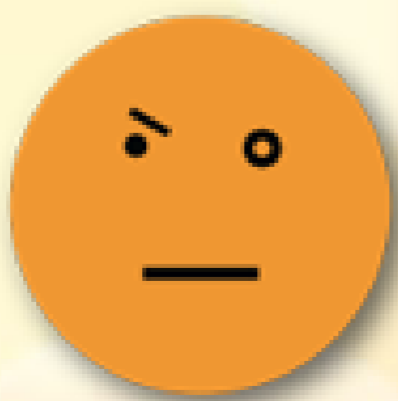
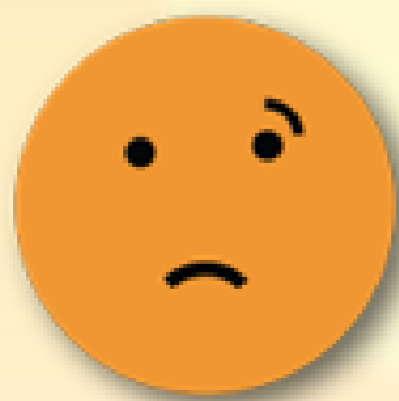


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www.amonthofmindfulness.wixsite.com/mysite

#MindfulMentalHealth

● ***Learn the 5 Signs*** ●



Personality Change • Agitated • Withdrawal • Poor Self-Care • Hopelessness