The Human Journey Colloquia is Happy to Present: Mindfulness: A Tool for Inner Peace

Patricia Carl-Stannard
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Mindfulness: A Tool for Inner Peace

Professor Patricia Carl-Stannard (Social Work) will introduce the incredible tool of mindfulness and how we can apply mindful techniques to our everyday lives. Students will learn the basics of deep breathing and will be led through a brief guided meditation. These evidence-based practices are sure to aid students during the stressful wave of finals toward the end of the semester. Student, Maria Citarella (President of the To Write Love on her Arm Club) will discuss the club's mission on campus and invite all to future meetings.

Wednesday – April 24th – Martire Theater – 2:00 p.m.