

# Mindfulness Institute for Student Leaders



- Are you interested to learn how mindfulness can help students meet the challenges of everyday life with greater ease?
- Are you intrigued to learn how mindfulness can help students enhance the ability to pay attention, increase overall well-being, and improve academic performance?

If so, please consider this unique opportunity designed for FC Student Leaders.

Dates, Times, Location: (Please notice that location changes for Session 2.)

- Wednesday, February 12, 3-5 pm, Room 224
- Wednesday, February 19, 3-5 pm, Room 522
- Wednesday, February 26, 3-5 pm, Room 224

Common Questions:

Do I need to attend all three sessions?

Yes, each session builds on the prior session, so it is expected that participants will be present for all sessions.

What will I receive for my attendance?

A certificate of completion that can be used for job and transfer applications.

Will there be free food?

Absolutely!

How do I register?

Contact your program manager and/or email one of the coordinators to sign up:

Deidre Hughes at [dhughes@fullcoll.edu](mailto:dhughes@fullcoll.edu)

Miguel Powers at [mpowers@fullcoll.edu](mailto:mpowers@fullcoll.edu)

Website: [mindfulgrowth.fullcoll.edu](http://mindfulgrowth.fullcoll.edu)