



Mindful MONDAYS

READY TO GET ZEN?

This fall, start your week with a five-to-10-minute meditation exercise on Mondays, 8:45 a.m., beginning Monday, Aug. 26, on the college Mounds. Setup will begin around 8:30 a.m.

In case of inclement weather, meditation will be in Room A-106 (A Building).

Too early? Then join us for Mindful Movement and Music at noon on the Mounds.

In case of inclement weather, meditation will be in the Library (A Building).

Whatever time you select, Mindful Mondays is a great way to manage stress and start your week with intention and focus.

**Mondays During the Fall Semester
8:45 a.m. and Noon - On the Mounds**

NO REGISTRATION REQUIRED.



Triton College
triton.edu

2000 Fifth Ave.
River Grove, IL 60171
(708) 456-0300