



MOMENT-TO-MOMENT
— MEDITATION —

Fall 2023

Every Thursday Beginning
Sept. 28 through Dec. 14

(except Nov. 23)

WHEN: Thursdays, 3:00pm – 3:30pm

WHERE: Henry Barnard Hall, Room 218



Sponsored by

The Department of Counselor Education & Family Therapy's
Forum for Contemplative Practices

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The Center for Africana Studies, Campus Recreation, and Counseling & Student Development