



MOMENT-TO-MOMENT
— MEDITATION —

Fall 2024
Every Thursday Beginning
Sept. 05 through Dec. 05
(except Nov. 28)

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

Supported by

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