

GLOBAL MINDFULNESS

Workshop Series

Cultivating a global mindset depends on our capacity to communicate across cultures and find commonalities with those we differ from. Mindfulness can help nurture a stance of open-mindedness and acceptance of others.



Tuesday, October 30th • 12:00-1:00 pm
Tuesday, November 13th • 12:00-1:00 pm
Wednesday, December 5th • 12:00-1:00 pm

Carl Fields Center • 1985 Meeting Room

RSVP at <http://bit.ly/2PArU4b>

Lunch provided

Open to IEGAP and other ERG members

Facilitated by Shefalika Gandhi, LCSW, and University Health Services

Sponsored by UHS and IEGAP (International Employees Group at Princeton)