Conscious Campus
A Workshop Series in Mindfulness and Sustainability

12:30-1:30 pm: Campus Club, Prospect Room
For Students, Faculty, and Staff ~ A healthy lunch will be served

Mindfulness practice helps us explore the interconnected nature between food and clothing choices, sustainability, and well-being. Behaviors related to consumption can facilitate health for individuals and for the environment.

October 10: Mindfulness & Slow Food
Please RSVP to sustain@princeton.edu

November 14: Mindfulness & Slow Fashion
Please RSVP to sustain@princeton.edu

Facilitated by Kristi Wiedemann, Office of Sustainability and Shefalika Gandhi, LCSW, University Health Services
Sponsored by University Health Services and the Office of Sustainability