

Helping staff get ahead at Northwestern through career and personal development & programming

AHEAD@NORTHWESTERN

invites all Northwestern staff to

Be Mindful with AHEAD

Cindy Conlon, SESP faculty member and co-founder of the Contemplative Collaborative at Northwestern, invites you to pause and experience practices that can help you flourish in all areas of your life.



WEDNESDAY
January 16 2019
12-1pm

at the Great Room
600 Haven Street

RSVP <https://tiny.cc/sh1o1y>