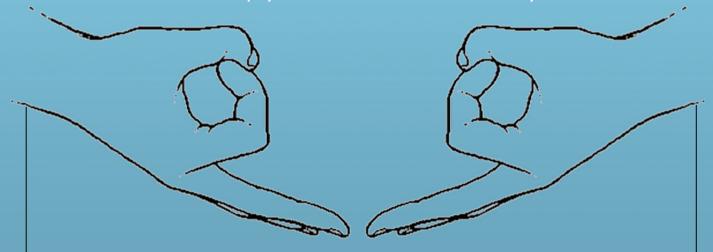
AHEAD@NORTHWESTERN

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