

Discover Balance at the Mindful Movement Event

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Take a step toward self-care and mindfulness at the Mindful Movement Event. This special gathering offers students the opportunity to relax, reflect, and connect through a variety of activities designed to promote mental well-being and creativity.

Here's what you can look forward to:

- **5-Minute Gratitude Journaling:** Take a moment to jot down the things you're grateful for and reflect on the power of positivity.
- **Mindful Meditation:** Experience a calming guided session to help ease your stress and bring clarity.
- **Art Reflection:** Create unique artwork that expresses who you are and what brings you peace.
- **DIY Stress Ball Creation:** Learn a simple yet effective way to release tension and make your own stress ball.
- **P2P Café Conversations:** Engage in meaningful chats to build connections and share insights with peers.

Event Details:

📅 Date: December 5, 2024

🕒 Time: 1:30–3:30 PM

📍 Location: D2014

This is your chance to rediscover calmness and balance in a supportive, judgment-free space. Don't miss out!

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