



MINDFUL MARCH

Fullerton College

Mindfulness Class open to Fullerton College and the Surrounding Fullerton Community

FREE TO ALL

EVERY THURSDAY IN MARCH, 5:30-6:30PM

ADULTS 18+ [PREFERRED]

Anyone can attend, but in order for us to gauge the number of participants, please RSVP to [Amy Garcia, agarcia@fullcoll.edu](mailto:agarcia@fullcoll.edu).

Fullerton College Campus, Room 1426 [second floor of the 1400 Building]

Who should attend?

Anyone who has an interest in building a practice of mindfulness or experienced practitioners who want to invigorate their practice.

Why should you attend? Because mindfulness helps people learn how to:

- break habits
- bounce back from disappointments
- cultivate closer friendships
- feel safer
- feel calm and confident

What mindfulness isn't.

- It isn't a religion
- Doesn't require special skills or equipment
- Doesn't take a huge amount of time
- Doesn't eliminate rough patches or sadness in your life
- It isn't bellybutton gazing