

Career Planning Workshop

Monday, March 12
10:00am to 12:00pm/Room 2402

Learn about the career planning process and how you can use it to help make your career decision.

Limited Space. Sign up by noon March 9

403.343.4064/Room 1402

Introduction to Mindfulness Meditation

February 28-March 20
Tuesdays, 3 to 4pm

Join us for a 4-week series to better understand what mindfulness is and what it is not. You'll gain personal experience of using mindfulness meditation and learn the positive uses of mindfulness in everyday life.

Limited Space. Sign up now!

403.343.4064/Room 1402