

HOLISTIC LIFE FOUNDATION

a Baltimore-based nonprofit committed to nurturing the wellness of children and adults in underserved communities.



A MINDFULNESS WORKSHOP



to give students tools for peace and calm. Come experience for yourself the healing benefits of mindfulness and learn how to take these practices back to your communities and groups.



Sponsored by

OPAL
Tucker Center for Spiritual Life
Student Wellness Center
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COLLIS 101
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DINNER AT 6 PM

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