

MINDFUL WALKS *and* NOURISHING TALKS

SPRING SCHEDULE 2025

Week 2

Nourish to Flourish: How to Eat for Energy

Location: Recreation Center Training Room
(Building 43-109)
Date/Time: April 7 from 3-4 PM

Week 3

Steps to Serenity: Mindful Movement for Body and Soul

Location: Recreation Center Training Room
(Building 43-109)
Destination: Cal Poly Koi Pond
Date/Time: April 14 from 3-4 PM

Week 4

Effortless Eats: Meal Prep Made Easy

Location: Recreation Center Training Room
(Building 43-109)
Date/Time: April 21 from 3-4 PM

Week 5

Nature's Classroom: Finding Balance and Connection on Campus

Location: Recreation Center Training Room
(Building 43-109)
Destination: Plant Conservatory
Date/Time: April 28 from 3-4 PM

Week 6

Eat, Sleep, Slay: Foods for Rest and Resilience

Location: Recreation Center Training Room
(Building 43-109)
Date/Time: May 5 from 3-4 PM

Week 7

Gratitude in Motion: A Mindful Outdoor Adventure

Location: Recreation Center Training Room
(Building 43-109)
Destination: The P
Date/Time: May 12 from 3-4 PM