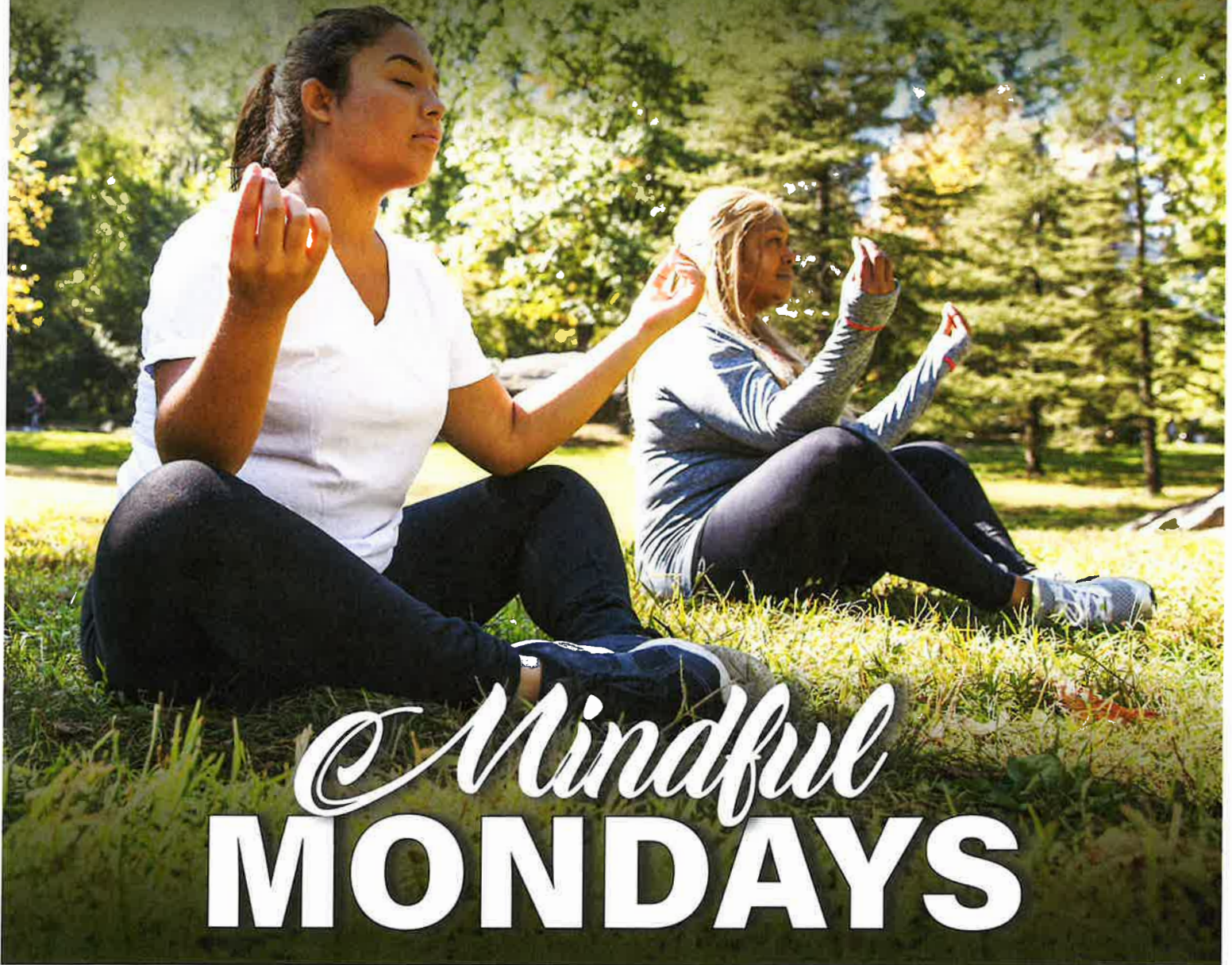


TRITON COLLEGE  
COUNSELING & WELLNESS SUPPORT SERVICES



*Mindful*  
**MONDAYS**

**READY TO GET ZEN?**

This spring, start your week with a five-to-10-minute meditation exercise on Mondays, 12:30 p.m., beginning Monday, Jan. 27. Mindful Mondays is a great way to manage stress and start your week with intention and focus.

**Mondays During the Spring Semester**

**Mondays, January 27-March 10, 2025 - 12:30-1 p.m.**

**A Building, Room A-106**

**NO REGISTRATION REQUIRED.**

**For more information, please email [lesliewester@triton.edu](mailto:lesliewester@triton.edu).**



Triton College is an Equal Opportunity/Affirmative Action Institution.

There's  
a place  
for you.



**Triton College**  
triton.edu

2000 Fifth Ave.  
River Grove, IL 60171  
(708) 456-0300