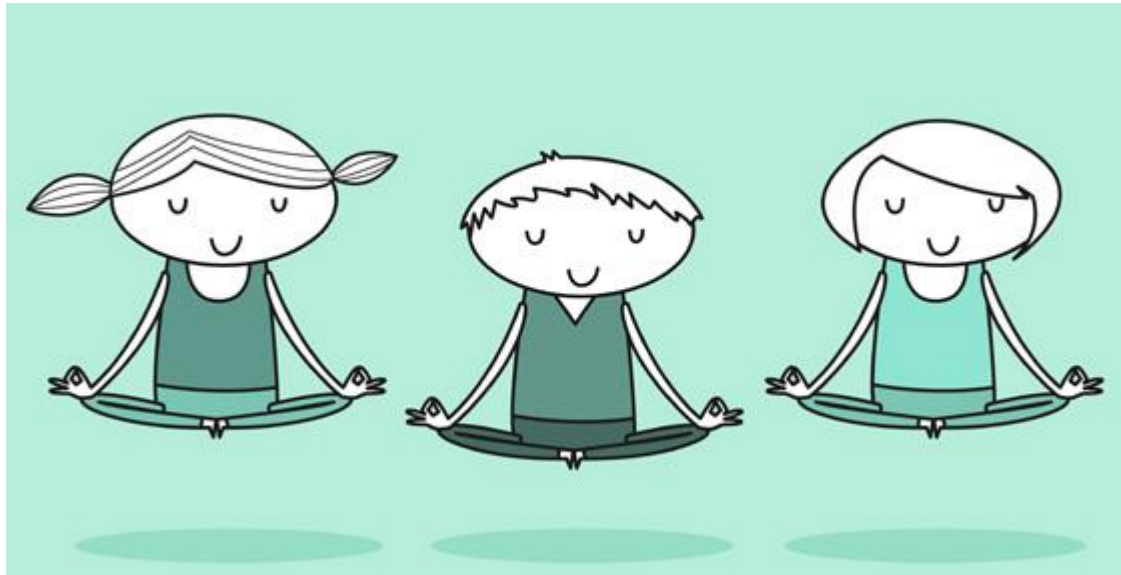


JULY

2020

MINDFULNESS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 
5	6 First Day of Summer Session	7 SO Fun City at 2:30pm on Zoom	8	9 SO Fun City at 2:30pm on Zoom	10	11
12	13	14 SO Fun City at 2:30pm on Zoom	15	16 SO Fun City at 2:30pm on Zoom	17	18
19	20	21 SO Fun City at 2:30pm on Zoom	22	23 SO Fun City at 2:30pm on Zoom	24	25
26	27	28 SO Fun City at 2:30pm on Zoom	29	30 SO Fun City at 2:30pm on Zoom	31 Eid al-Adha-No classes	

“Mindfulness means being awake. It means knowing what you are doing.” -Jon Kabat-Zinn