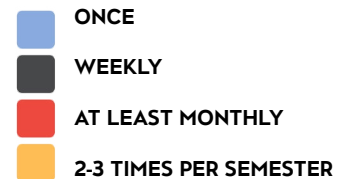
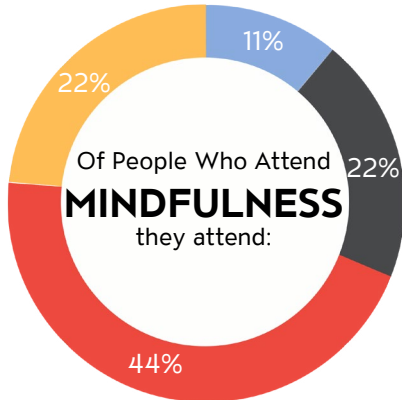


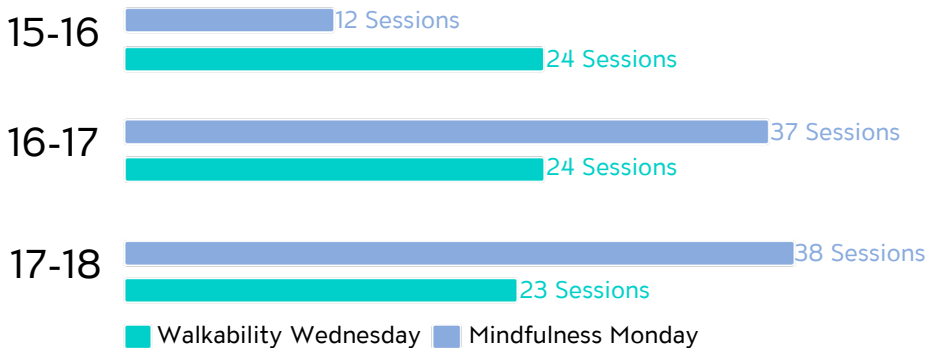
2015-2018 WALKABILITY WEDNESDAYS & MINDFULNESS MONDAYS ANNUAL REPORT

ATTENDANCE



SESSIONS

Walkability and Mindfulness have been going on for 3 years
Each is hosted every week while school is in session and we are now hosting mindfulness during the summers!
Events are hosted by students, faculty, and staff



88%
said they would recommend Mindfulness & Walkability to their colleges or classmates

TOPICS

Walkability Wednesday

Campus sustainability initiatives

Learning about cheese

Sustainable gardening



Strengthening your lungs

Mindfulness Monday

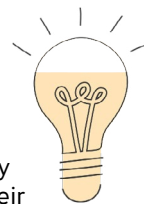
Mindfulness practice



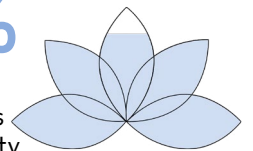
Hypnosis

SATISFACTION

75%
said that Mindfulness & Walkability increased their knowledge of CSUN



75%
said that Mindfulness & Walkability increased their personal wellbeing



88%
said that Mindfulness & Walkability increased personal feelings of belonging at CSUN



93%
said that Mindfulness & Walkability increased their personal wellbeing

