



Join Us For A Day of Mindfulness



April 30, 2020



Saybrook University
55 Eureka St., Pasadena, CA, 91103



11 a.m. – 2 p.m.

Celebrate the grand opening of Saybrook University's new location in Pasadena at our **Pasadena Thrive Mindfulness Fair**

Holistic approaches to health and wellness are an essential part of conventional health care. During this event, you will have the chance to meet with experts in the field of integrative medicine and health sciences from our community to learn how mindfulness can positively impact your life.

- 🌀 *Community Yoga session, all levels welcome*
- 🌀 *Saybrook Academic department-led booths*
- 🌀 *Drum circle, blood drive, biofeedback and much more!*
- 🌀 *Ribbon cutting ceremony with the Pasadena Mayor's office and the Pasadena Chamber of Commerce*



Learn more
saybrook.edu