



in collaboration with the
Michigan Collaborative for Mindfulness in Education (MC4ME)
presents

Mindfulness Week 2020

April 20-26

Practicing Presence in Community

Lets' light up Michigan with Mindfulness Activities during this statewide designated Mindfulness week!

Introduce your community to Mindfulness
Participate by leading or joining in a mindfulness event in your
community, school or classroom!

Mindfulness week is a statewide effort dedicated to connecting communities to secular mindfulness practice by offering free, public mindfulness and meditation activities in collaboration with schools, local businesses and non-profit organizations. We invite you and /or your school to join us to create mindfulness events in all our classrooms, and all sectors of our community during that week.

Would you like to know more about how you can observe Mindfulness Week?

- Contact us to learn more: mindfulcityA2@gmail.com or info@mc4me.org
- Check out resources that you might adapt for your school, classroom or colleagues at MC4ME or Mindful City websites
- Share ideas and activities you plan to do or ask questions on our Mindfulness Week facebook page
- Distribute this flyer widely in your networks
- Connect with others in your community to plan events. Let us know if we can help connect you