



*Mindful Practice*

# DR. MIKU LENENTINE

PROGRAM COORDINATOR  
CENTER FOR RESILIENT NEIGHBORHOODS  
KAPI'OLANI KULA NUI KAIĀULU  
KAPI'OLANI COMMUNITY COLLEGE  
UNIVERSITY OF HAWAI'I

**Wednesday, February 1, 2023**

**12:00 - 1:00 PM**

[Via Zoom Click](#)

[here to register](#)

**GET IN TOUCH WITH NATURE & JOIN US FOR  
VIRTUAL FOREST BATHING  
IN THE JABSOM MĀLA LĀ'AU  
LAPA'AU**

Trained facilitators share topics, perspectives & experiences helpful to build mindfulness and resilience. Sessions take place on the first Wednesday of the month. For more information contact: [uhgme@hawaii.edu](mailto:uhgme@hawaii.edu)

The University of Hawai'i is an Equal Opportunity/Affirmative Action Institution. For disability accommodations, please email [uhgme@hawaii.edu](mailto:uhgme@hawaii.edu), no later than 3 business days before the event.