

MMA Event: Mentor Mingle: Mindful Movement & Social Engagement - 2/7 at 6p



From Mayor's Mentoring Alliance <Mentoring@ci.charlotte.nc.us>
To Mayor's Mentoring Alliance <Mentoring@ci.charlotte.nc.us>
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Hello,

Please join the [Mayor's Mentoring Alliance \(MMA\)](#) Advisory Board as we host our upcoming, virtual, networking event geared towards mindful movement and social engagement. Details and the registration link are provided below!

Mayor's Mentoring Alliance (MMA) Mentor Mingle: Mindful Movement & Social Engagement

Movement in Mentoring | Monday, February 7 from 6-7p

Registration Link: <https://www.eventbrite.com/e/mentor-mingle-by-mayors-mentoring-alliance-tickets-252352341647>

Bring in the new year with a mindfulness mindset! Please join the MMA for a Mentor Mingle, our networking session, that will provide mentors with tips to focus on ways to calm all the noise, reduce stress, and challenge positive energy through mindfulness. Cassandra Drakeford from BeMindful, Inc. will be on hand to lead us through and exercises and provide you with tools you can use with mentees.

Best,
Tiffany

Tiffany Johnson

MAYOR'S MENTORING ALLIANCE & OUT OF SCHOOL TIME PROGRAM MANAGER | COMMUNICATIONS LIAISON

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