

# Celebrate the International Peace Day at UF

## UF Peace Day 2016: “Peaceful Mind, Peaceful World”

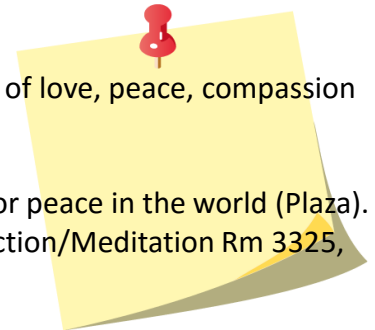
Sept. 21, 2016

Plaza of Americas & pathway/corridor in front of the Library West

Jointly sponsored by: Arts in Medicine – UF Health, UF Mindfulness and the student CREATE CLUB. Facilitator: Nancy Lasseter, EdS, LMHC.

### Program (Plaza of Americas):

- 11:00 am – 1:00 pm: Art for Peace Message Wall.** Post a message of love, peace, compassion and kindness.
- 11:00 am – 12:00 pm: Sit For Peace.** Mindfully meditate together for peace in the world (Plaza).
- 11:00 am – 12:00 pm: Sit for Peace** will also take place in the Reflection/Meditation Rm 3325, Reitz Union.
- 12:15 pm – 1:00 pm: Sing for Peace.**
- 1:00 pm – 1:15 pm: Join the Circle of Peace** around the Plaza of Americas.



### Exhibition: Victory Over Violence (VOC)

<http://www.vov.com/>). Facilitator: Katsutoshi Mizuta, PhD student. UF student club. Student organization "World Peace Buddhist-Soka Gakkai International-USA".

The VOV campaign envisions a global movement of ordinary people becoming the driving force for building a culture of peace through dialogue and action in their daily lives. We aim to inspire people, especially young people, to identify and counteract the root causes of violence in their lives, homes, schools, and local communities through awareness, introspection, individual empowerment and a creative commitment to dialogue and action.



Event info: <https://mindfulness.ufl.edu/index.php/events/>

For mindfulness and meditation practices join the group 'UF Mindfulness' in the Insight Timer app.