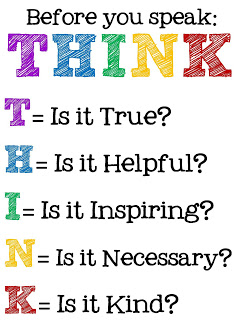
**Welcome to the week from the**

**Center for Mindful Practice!**

**We hope these words provide inspiration for you.**

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiatPD--8bcAhWhTt8KHZKNAXkQjRx6BAgBEAU&url=https%3A%2F%2Fcommunity.cengage.com%2FGECResource2%2Finfo%2Fb%2Fmanagement%2Farchive%2F2016%2F02%2F28%2Ft-h-i-n-k-before-you-communicate&psig=AOvVaw23Co8_m2DjFOWF36yG1yb5&ust=1532871940321529)