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FINDING BALANCE: STRESS MANAGEMENT GROUP

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At times, college can be really stressful. Attend this group to learn a variety of effective relaxation and coping skills to maintain life balance. Group may include guided relaxation exercises, interaction with registered therapy dog, Tux, mind body techniques, and creative self-care strategies.

Carve out an hour of your day to recharge, you deserve it!

THURSDAYS, 11:30 A.M. - 12:15 P.M.
Location: Health Center, Conference Room