



Spring 2019 Final Exam Stress Buster

Feeling stressed about your final exams? We can help!
Join us for a series of workshops designed to help
alleviate the stress!

Salsa with Medina & Wanda Mulero

4/17 2:30-3:30, L-109

5/1 3:30-4:30, L-109

Yoga Nidra Meditation

With Pam Puir

4/17 1PM-2PM

5/1 1PM-3:30, L-109

Aroma Therapy with Essential Oils

With Ingrid Prueher & Tania Moore

4/22 9:30-12PM, 5/1 1PM-2PM, Lafayette Hall

Reiki & Chakras

With Susan Ratanavong

5/2 1:30-2:30 (Reiki)

5/8 2PM-3 (Chakras)

Stay Close. ***Go Far.***



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