

Feeling Overwhelmed?



Drowning in Work?

Confusion

We understand.

STRESS REDUCTION
WEDNESDAY,
DECEMBER 3 **DAY**
FROM 12:00PM-7:00PM

FREE

- Massage Therapists
From East-West College of the Healing Arts
- Animal Therapy
From Dove Lewis

Sponsored by Student Activities
Questions? Contact Eva Hortsch [hortsche@up.edu]