

# Wake Your Wellness

*From Within*

## Know Your Inner Spirit

**September 19, 2013**      **Ward's Corner, 3-5PM**

- Pathway to Peace: Walk the Labyrinth!
- Bus will depart from Webb Center at 2:15pm and return at 4:30pm.

## Soothe Your Stress Through Your Senses

**October 16, 2013**      **OCS Conference Room, 5-6PM**

- Join us for Wellness assessments, Aromatherapy, and Craft your own stress balls and instruments!

## Mindful Meditation

**October 23, 2013**      **SRC Studio A, 3-4PM**

- Bring your yoga mat and enjoy mindfulness meditation exercise while practicing breathing techniques!

## Centering Through Self-Care

**November 5, 2013**      **Webb Center, 3-4PM**

- Learn key tips on how to treat stress effectively!

## Mind, Body & Wellness

**November 13, 2013**      **SRC Studio , 3-4PM**

- Discuss health and wellness through the lens of exercise and nutrition!



**OLD DOMINION  
UNIVERSITY**

IDEA FUSION