



# Dance away the distress

**THURSDAY, DECEMBER 5<sup>TH</sup>**

**IN THE**

**HAMPTON/NEWPORT NEWS ROOM**

**12:30-1:30PM**

**Free Food!**

**Come let loose and relieve some stress before exams!**

**\*Learn a new dance! \*Teach a new dance!**

**\*Show us what you can do!**

**Sponsored By**

**Office of Counseling Services**

**Department of Recreation and Wellness**