

Mind Body Wellness Discussion Groups

Offered by the **Office of Counseling Services**

Join our Mind Body Wellness Discussion Groups and experience a holistic approach to understanding stress and health while reducing your levels of stress!



Mind Body Wellness Discussion Information

Spring 2013 Sessions

February 27th	What is my stress profile?
March 6th	The Mind & Body Connection
April 3 rd	Beliefs that lead to Anxiety
May 1st	Strategies to Cope with Stress

Time: 4-5:30pm

Where: Reich Room

How to Join: Call 757-683-4401 to sign up for a session today!

Cost to Attend: FREE

**Note: Discussion groups offer community support and encouragement in an open forum and are not considered therapy groups. Must be an ODU student and registered for at least 6 credits to be eligible for participation. No intake required.*