

SOOTHE YOUR STRESS Through Your Senses



Wellness requires a balance between your thoughts, feelings, and actions.

Stress occurs when something is out of balance!

Come learn how to engage all of your senses to soothe your stress!

Join us for food, games, and prizes!

Kaufman Mall

JULY 11th, 2013

12pm – 2pm



Sponsored by
The Office of Counseling Services
1526 Webb Center
757-683-4401

