

music

Come relieve some stress while learning about the importance of wellnessI

First 50 participants get Ice Crea

\*free with student ID

## FO-Sponsored by:

The Office of Counseling Services **Student Health Promotions** Psi Chi **Human Services Association** 

The Women's Center

**Recreation and Wellness** 

Active Minds (hosting CRACK UNDER THE STRESS!)

**Leadership & Student Involvement** 





1526 Webb Center | (757)683-4401