

EVMS
Eastern Virginia Medical School



MUSIC MOVEMENT MINDFULNESS



**JOIN US FOR RELAXATION AND
STRESS RELIEF**

Session 1: Muscle relaxation and meditative stretching

Session 2: Recreational music making and enhancing performance

Session 3: Mindfulness and health benefits

When?

Session 1

- 2/28: 6pm - 7pm

Session 2

- 3/27: 6pm - 7pm

Session 3

- 4/17: 6pm - 7pm

Where?

1207 Student Rec Center (4700 Powhatan Ave)

- Well-being Center Conference Room/Flex Room B (second floor)
- New building attached to the SRC



FOR MORE INFORMATION

Student Mental Health & Well-Being

athcoun@odu.edu