



Don't let exams make you stressed:

**Relax for Success!**

Tuesday, December 5 from 11 am to 2 pm

SCB Hilberry E & F

Brief Yoga and Guided Breathing at Noon & 1 PM!

Healthy Snacks and Mindfulness Activities!

Onsite Support from Counseling and Psychological Services and the Academic Success Center!

Enter to win a pass to Citizen Yoga or a  
COSW yoga mat!

Follow us! @wsucosw

