



Don't let exams make you stressed:

Relax for Success!

Monday, April 23 from 11 am to 2 pm in
the UGL Atrium

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!

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