

RELAX FOR SUCCESS

**Monday
April 24, 2017**

**11am - 3pm
Undergraduate Library -
Atrium**

COSW, in collaboration with WSU Libraries, Academic Success Center, and CAPS, invites you to come and join us in relaxing and preparing for the stressful time of final exams.

- **Tips for managing stress and self-care**
- **Academic and study skills tips and consultations**
- **Relaxation station that will include yoga and mindfulness**
- **Snacks and drinks to fuel your brain**



For more information, contact Aleksandra Stoklosa at ax3119@wayne.edu or visit cosw.wayne.edu